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SUGGESTIONS

TO MOTHERS

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A

FEW SUGGESTIONS TO MOTHERS

ON THE

MANAGEMENT OF THEIR CHILDREN.



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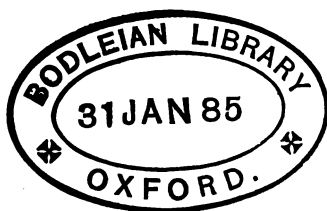
BY
A MOTHER.



LONDON
J. & A. CHURCHILL
11, NEW BURLINGTON STREET

C 1884

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PREFACE.

THE successful bringing up of infants and children is of importance, not only to parents who have young children, but is also a matter of importance and interest to those who have the charge or care of them. Few are so wanting in thought, feeling, or heart, or so careless, that they are indifferent how the children, for whom they are responsible, are cared for and brought up. People who manifest but little sensibility or tenderness in other respects, will sometimes show good feeling and thoughtfulness as regards infants and children, erring many times more from want of knowledge than want of heart. That often lack of a little knowledge causes unnecessary pain, and sometimes ultimate injury to many young infants and children, and is productive of much waste of young life, is a matter of deep regret to many thoughtful people

who have had the subject brought under their notice. That it is possible, without any knowledge or instruction of any kind, to be able to undertake the management and bringing up of infants and children by hand, is one of those popular delusions which each year claims a large sacrifice of young life. The care of horses, cattle, poultry, &c., presupposes some amount of knowledge or previous teaching, but it is too generally assumed that everyone knows how to bring up infants and children. Many people have an idea that it comes intuitively to women to take care of children, and that every woman is naturally endowed with the knowledge of how to take care of a baby, which knowledge will develop of itself, without any help, as soon as occasion arises. That this is fallacious requires only a little thoughtful consideration to make itself manifest to any reflective mind. There are schools of cookery, there are institutions where sick nursing is taught, and places have been founded of various kinds where people are instructed in things they wish to be proficient in, but a place where people might be instructed in the best way to bring up infants and children seems still one of those undeveloped ideas which *occur occasionally* to philanthropic people, but

of which the need is apparently not felt. A place where those taking positions as nurses to infants and children might be taught the best way to bring them up, and who could be shown, in a simple, easily-understood manner, the various things likely to promote or retard the healthy growth of infants and children, appears to many people one of those Utopian ideas which might be realised one day, but which is equally well remaining a visionary idea.

If this little book gives even only one useful hint, or is only of a little service in helping anyone to bring up an infant or child, it will not have been written in vain. That many people take places of responsibility with young children who are not only often ill-adapted for the positions they take, but are also, from want of knowledge and want of experience, totally unfit for their post, is a fact brought often too obviously to the notice of people. Topsy's "I 'spect I grow'd" is the experience of many people, no help being given to further or facilitate that process, thus sometimes developing all the evil qualities of human nature which are afterwards only kept in check by the trammels of society and the observances of civilisation. Where people have sufficient means the prevailing idea .

is "get a good nurse" and everything will be all right. And granted that an experienced, careful person is found, no doubt all does go well; but how many are there who cannot have the advantage of getting some one who has knowledge in the care and management of young children? and how many are there who are not in a position to have a nurse, and who have to rely on their own judgment and sense, gaining their experience sometimes with pain and much trouble? As regards bringing up children by hand, the general idea is—give a baby a feeding-bottle, with some warm milk and water, or any of the advertised patent foods for infants, the child will take the food given, and if this is given when the child cries, or appears hungry, it will not only live, but will grow up very well, the nature of the food, or whether the child is strong or delicate, or is tended with care, being of no consequence whatever. In fact, with just a little help, nature will arrange the little matter of growing up, and if nature fails to be so accommodating, "Well, the child was weakly, what could you expect?" or as one will sometimes hear, "Poor dear, it's a blessing the Almighty has taken it, it would only have grown up *delicate*, and have been perhaps a misery to

itself and others," on the principle of the ancient Spartans, "that the delicate and feeble should not survive." But, on the contrary, the weak and feeble should be carefully tended, for with care and attention, very often a delicate child will grow up perfectly strong. It is quite possible for a poor, puny baby, with efficient and proper care, to grow up strong and the happy possessor of good health, and it is equally possible for a strong healthy baby to become weakly and feeble by want of care and attention, and how often in a very delicate frame, there is great talent which only requires time and opportunity to develop! Some of the greatest people have been weak, and, in some instances, afflicted children. That attention to the various things, such as fresh air, baths, proper clothing, easily digested, wholesome, and nutritious food, adequate exercise of the body, and sufficient rest tend to promote (in fact are the foundation of) health, no one would question. Yet people too often treat children as if attention to these matters were of no importance and it mattered but little under what circumstances children grew up. Life appears a simple matter, and it is only sometimes, when illness arises, that life assumes a different aspect, and becomes, perhaps,

a problem demanding serious thought. That life can be sustained under very adverse circumstances, and that children will survive great ill-usage, and will grow up sometimes with no care whatever, is very palpably brought before one in cities and large towns, but that children grow up equally well no matter how they are brought up, no matter what influences they are subjected to, no matter what place they pass their daily life in, and no matter what kind of people they are in daily contact with, no sane person would affirm. We are, on the contrary, all more or less creatures of habit from the earliest moments of life, and are influenced powerfully for good or ill, not only by the nature of our whole life, and by our surroundings, but also by those apparently trivial circumstances which appear to demand no thought or attention. An old proverb says, "Choose that manner of life which is best, and custom will render it agreeable." It should be the first duty of all those having the charge and responsibility of infants and children to try and choose for them "that manner of life which is best," and to endeavour from even the first days and years of life to cultivate those habits and to follow those *things* which tend to promote health, and it

would be well if it were borne in mind more constantly than it is, how greatly, not only comfort of body, but also how much happiness depends on health. “Non est vivere, sed valere vita”—Life is not mere existence, but the enjoyment of health.

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CHILDREN.

CHAPTER I.

GENERAL REMARKS.

THE great Teacher of mankind has said of little children, "Of such is the Kingdom of Heaven;" and in their innocence, purity, and truth they are fitting emblems of a higher and better world. It is only too sad to think that it is possible to spoil what is so beautiful, and it is also very painful to think how easy it is not only to spoil the minds and natures of young children, but also how soon a young infant may have health injured, perhaps permanently, by inattention, want of thought, or want of knowledge. No sight is more lovely than a young baby asleep. Carefully tended, clean, rosy, healthy and well, in all the unconscious placidness of infancy it lies, appealing in its tenderness and helpless-

ness to all the best sympathies of human nature. Awake, with the first dawning perhaps of intellect appearing in its little involuntary movements and artless gestures, it still more claims notice.

If mothers would only accept (in its true sense) the responsibility involved in the charge of young children, and not only of young children, but also the responsibility attached to the care of those tiny helpless little creatures, on the judicious bringing up of which so much depends, and if only even a passing thought were given to the great work which lies in a mother's hands, how much good might be done, and how much pain and sorrow might often be spared.

A little book (all its pages unsoiled, clear, and open) is given into the hands of a mother. In her hands it lies to inscribe the first pages whether for weal or for woe. The sad way in which "finis" concludes many lives is often referable to the early bringing up, and too often with infants they are left in the entire care and charge of people who are unsuitable to have so grave a responsibility. Young mothers are too apt to delegate their trust to others, forgetting that they themselves are answerable for the welfare of their infants and children.

Because one ignores a duty it none the less remains a duty, and the first and very clear duty of a mother is to look personally, minutely, and

constantly to her children, neglecting and leaving undone nothing which tends to their good health, comfort, and happiness.

It rests also much more with a mother to influence her children than a father. A man's sphere is in the world, a woman's sphere is home. It is impossible for a father, often "the bread-winner" of a family, and often seeing but little of his children, to have the same influence over them that the mother has who is always near them, or even the same influence as those in daily contact with them. It is in a mother's power to exercise the greatest influence over her children. Day after day children's lives are being formed, day after day their dispositions and characters are being developed, and the power of a good mother wisely exercised will affect the whole after-life as well as the infancy and childhood of her children. How much want of thought has to do with the neglect of much that is useful and important in the bringing up of infants and children is often brought to one's notice. As Hood has graphically expressed it, "Evil is wrought by want of thought as well as want of heart." And as regards infants and children in most instances this is exactly so. "Want of thought" and want of that knowledge, which comes from experience, and not "want of heart," are often at the root of infants and children not

doing well, and in many instances a hint given by someone having experience, or some idea expressed by someone having a personal knowledge of bringing up infants and children, will not only, perhaps, open a new train of thought, but will also be a help in the right direction. That want of thought is often the cause of trouble is of world-wide application, and is often brought under observation in the affairs of life. "Want of thought." How much is expressed in these simple words, and how often does "want of thought," and not "want of heart," cause not only pain and trouble to the person who is lacking in thoughtfulness, but also brings sometimes unnecessary suffering and distress to others. In no instance is thoughtfulness (and not occasional, but constant thoughtfulness) more required than in the care of infants and children. Infants especially require constant and regular care and attention. It is impossible to be careful at one time and careless at another without causing injury. Regularity also in all the details of life, such as feeding, repose, fresh air, baths, etc., is essential to the health of both infants and children.

It is of little use to be exact, however, in one or two particulars and not in all. From the first a baby should be fed, put to bed, bathed, and *taken out*, as nearly as possible at the same time

each day. Few people consider how much the comfort and health not only of older children, but also of infants, depend on regularity.

It is often thought it does not signify what time a baby is fed so long as it is fed when it seems hungry,—what time it is put to bed, or bathed, and dressed, and taken out; whereas an infant cannot be too soon tended in a regular and methodical manner.

It is a great pity not to bring up infants and children with regular habits, which are not only most important and most conducive to health, but are also productive of comfort. Where infants and children are brought up in a haphazard manner it is impossible to cultivate habits which are likely to contribute to health.

Many people regret in after-life their early bringing up, and the not bringing children up with habits of order and method is sure to exercise a detrimental influence on their life. All persons employing people to be with young infants or children, either in the capacity of nurse or governess, should from personal observation see that the person chosen is suitable to be over young children,—a post demanding patience, kindness, gentleness, yet firmness, self-control, cheerfulness, and tact, and, above all, nice-mindedness, exact truthfulness, and a nice pleasant manner of speaking. A person with a brusque,

cross, abrupt, or harsh manner is not suitable to be constantly with young children. Nor is it advisable to place a melancholy or a very silent person over young children.

Too much care cannot be exercised in making choice of anyone who is to be placed over infants and children. To choose a good-tempered, amiable person is most essential. A good temper is like the sunshine: it brightens whatever it comes in contact with; whereas a bad temper is as the east wind, which chills whatever is brought under its influence. Children are very susceptible of the temperament of those constantly with them, and even quite young infants are sensible of a cheerful, genial face, and when looked at and talked to, in a bright manner, will respond by smiling and cooing. Some dispositions are more sensitive than others, but all children are keenly alive to kindness and pleasantness of manner, and nothing can be more cruel or more reprehensible than to be constantly ill-tempered with children, and they are so at the mercy of everyone that their dependence on the kindness, thoughtfulness, and good-heartedness of those around them should be recognised by all. People are always at their best in seeing strangers, more especially when obliged to take a subordinate position. This should not be forgotten in choosing anyone to be placed in a

responsible position with infants or children, and it should be seen that the good qualities one may attribute to a person on first acquaintance are realities, and not a figment. Characters also given with servants are not always exactly correct. Every mother should see for herself that those constantly with her children are pleasant as well as suitable people. The face is in most instances a good guide to follow as to disposition. How is it possible for anyone whose face tells of evil qualities to be gifted with the reverse of what their countenance too clearly indicates? The face is invariably the index of the mind, and gives the clue to the nature. People are often quite unaware of what really goes on in their nurseries and even schoolrooms,—the unrestrained vulgarity both of speech and manner, the tendency to deception, the want of proper guard and control over both speech and temper of the people placed with the little ones. Children are very keen-sighted, and soon observe (when old enough) what is going on around them. They should never see untruthfulness, deceit, bad temper, or irreverence in those constantly in personal contact with them. Much mischief is often done by idle, foolish tales being repeated, and also by idle conversation spoken in young children's hearing. Many times children are kept awake at night by servants talking in the nursery.

or in a room adjoining, so that every word is heard by the little ears which are supposed to be incapable of hearing. Nurses, if more than one is kept, become, perhaps, confidential over their supper, or when they are sitting together in the evening, and talk, sometimes, the greatest nonsense, and quite forget that young children are near and may be awake listening to all that is said, and, if they are old enough to understand what they hear, they may get into their little minds a great deal of frivolous nonsense, if nothing worse.


With older children mischief is also often caused by reading books left about of an unsuitable kind. Where people are desirous of bringing up their children in a manner to fit them for the higher duties of life, they should see that their daily life is passed with persons who are likely, by their own knowledge of what is right and good, to cultivate those qualities in them.

Many girls and boys are sent to school with the idea of beginning there what should have been done at home. "Oh, when you go to school" one will sometimes hear a nurse say to a child, "you will learn very different there." But why should the life of the nursery or schoolroom be such that a child is to be revolutionised when he *or she* goes to school? Should not rather the

home life be the beginning of that training which is to fit the young creature for contact with the world? And how is it possible for anyone who is vulgar in speech and mind (having had perhaps no opportunity of being any better), who sees no harm in telling what is popularly called "white lies," who has perhaps no guard or control over either temper or tongue, how can such teach little children good things or polite manners? What example can such be of what is good, what is pure, what is true? How is the young mind at first starting in life, everything new, everything to be learnt, to discern what is right, and to do it unaided? Is it reasonable to suppose that children will not be influenced by their surroundings, and to imagine that they can grow up well without any help and training in the right direction? It should not be forgotten that children are little spectators, and are always very ready to copy whatever they see around them. There is no doubt that many evil habits in grown people are caused by early contact with vulgar-minded people, and there is no doubt that many people have much cause to deplore having been left entirely to the care and control of servants during their early years. Sometimes, when removed from the charge of servants, children are irremediably spoilt. How often are children, well-born, and who will some day,

perhaps, have to hold a position of responsibility, rendered unfitted for any such future position, by long and early contact with unsuitable people? For the proper discharge of what may in future life be onerous duties, demanding self-control, mental culture, and, perhaps, patient self-denial, a good early training is necessary. There are and have been cases where under very adverse circumstances a great, good, and noble nature has been formed, but it is the exception and not the rule in life. How often do nurses and governesses spoil what might be nice dispositions, and render the life of children almost insupportable by a most thoughtless, and, indeed, cruel system of repression and ill-directed useless control!

Were it not that young natures are gifted with a great amount of vivacity;—and that children, if strong and in good health are not quickly depressed—many children would not be capable of so easily accommodating themselves as they do to what is sometimes (if older people were compelled to be in their place they would find it so), a very irksome and trying time. The children, too, of many wealthy people are often far worse off than the children of poorer people as regards the temper of those who are over them. All children are subject to the good or the bad *temper* of those who are over them. In the case,



however, of poorer people's children they are always more or less with their own family, and are thus never subjected to the influence of a person placed directly over them with authority, and who with the authority may join a tyrannical temper, and who, having no love for those who are under their power, may exercise that power very harshly.

How often have the children of people with means to bear with all the trying effects of a cross, or perhaps irritating temper in a nurse or governess unsoftened by any feeling or interest ! When children are young is the time to subject them to good influences. If you wish to train a tree in a particular manner it must be done when the tree is young, and equally if you want to educate, train, or bring up children well you must begin when they are quite young. It is to the first years of life, when the nature is plastic and capable of receiving impressions easily, that the efforts of those having the charge of children should be directed to bring up, guide, and train in the way best calculated to promote health happiness, and goodness.

Nothing is more beautiful than the guileless nature of a young child, and no sight is sadder than a young innocent nature spoilt. In many cases the training of those over young children seems directed to bring out all the worst, instead

of the better, qualities of human nature. Some natures are sweeter and more amiable and better than others, but, alas, *humanum est errare*, and poor human nature at its best even is prone to evil. All children need a guiding, restraining hand over them.

Where children are much with their parents, and where they feel that their parents take a personal interest in them, they not only grow up much better, but if their parents are educated, refined people, they insensibly become imbued with the desire to follow in their parents' footsteps, and become more refined not only in outward manner, but also in mind. All parents should try and gain the love of their children. All children have tender hearts, and need the love, attention, and thoughtfulness which only those who are parents can give. It is very sad and greatly to be deplored when children get from servants the tenderness which should come from their parents. Children should always feel that in their little childish griefs and troubles they have someone kind and tender-hearted, and who loves them, and takes an interest in them, to whom they can go, sure of finding sympathy; when they come for and need consolation they should never be repulsed and sent away with harshness, coldness, or roughness.

Nothing that distresses and troubles a child

is too trivial to be looked to. It is not older people only who are capable of being worried. Children can equally feel harassed and worried, and the little things of life are not too trifling to be attended to. It is not necessary or wise to magnify every little evil, and to coddle children, but if children were less carelessly looked to, and were attended to in a less perfunctory manner there would be less suffering in the world. When parents personally see to their children they can also more easily correct any little faults that they see developing. How often one hears it said of a bad habit or a bad temper, often increased if not caused by the injudicious training and thoughtlessness of those over children, "Oh, he or she will grow out of it," not the slightest effort being made towards helping the child to get into a better state.

How is it possible for any young creature to do of itself unaided that which may involve irksome self-denial? And how is it possible to grow suddenly out of anything more or less permanently fixed by length of time? Does a tree, grown ill-shaped by being badly placed, alter suddenly to a good shape by being better placed? What has become by long habit more or less part of nature is not easily or quickly altered. Nature ever accommodates itself to its surroundings and grows suited to, and formed by its daily existence.

Everything in nature is also of slow growth. This is seldom thought of, however, and in life people too often look at the result, entirely overlooking what has led to it.

If when people see a child inclined to be untruthful, or inclined to equivocate in little things, they at once corrected the child, and watched to see that the habit of prevarication and wishing to mislead did not grow confirmed, and if old enough to comprehend, they pointed out how much trouble the habit of untruthfulness is likely to cause; also if when people saw a child giving way to temper or a sullen disposition they showed the child how sad it is to give way to temper, and how much sorrow and pain can be caused (not only to others, but to oneself) by bad temper, and the necessity for, and benefit of self-restraint, there would be fewer distressing troubles caused in after-life by the want of self-control.

But where children are allowed to grow up anyhow, and are not taught self-control and the habit of trying to correct and keep under their little failings, how can it be expected that they will grow up well? Also if children see the same faults uncorrected in those over them that they are told to correct in themselves, how can it be imagined even that they will try and begin the *work of self-reformation*?

In bringing up children people rarely take into consideration the disposition and the nature, both physical and mental, of children—their hereditary predisposition to many things, and the fact that children differ. The common mistake is made of thinking all children are alike, whereas even in a family having the same parents the nature and disposition of each child differs from the other, and you will rarely if ever find even in the same family two children similar in disposition.

Nationality has also a great influence on disposition. You would not expect a Spaniard, an Italian, a German, a Russian, or even a French, English, Irish, or Scotch person, to be similar in either appearance or disposition. The proud, self-restrained Spaniard, the bright, vivacious Italian, the calm, phlegmatic German, the cold, reserved Russian, the graceful, versatile French, the honest, undaunted English, the easily led, impulsive Irish, the brave, clever Scotch have each their different natures which are inherited by their descendants. If, then, nations differ so materially, equally the children of people who have themselves married, or who have had in previous generations relations married, to people of a different nationality to their own, differ; and the children, or descendants will probably inherit the disposition and characteristics of the people they are descended

from. Climate has also a great influence. In hot countries people become more or less enervated, and have not the vigour and energy that those have who dwell in colder climes ; also in warm weather there is likely to be less strength. This should always be taken into consideration by those having the charge of young children, and they should not be over-fatigued, either mentally or bodily, in very hot weather, especially as regards lessons. If the weather is very warm the lessons should be made as little irksome as possible, and at all times children's studies should be diversified. It is of no benefit to keep children too long at any one particular thing, as it only tends to render them dull, and even stupid. Recreation between studies is also most necessary.

If in teaching any particular thing it is seen that children are getting confused, inattentive, or, to use an old expression, " muddled " over it, it is best to go directly to something quite different. Probably on returning fresh to the former subject it will become quite clear and easy. Some children are much slower than others in learning. This should also be taken into consideration ; and some children are more easily fatigued mentally than others, over anything which requires concentrated attention and exercise of the brain. *All learning* should be gradual, and it is of no

benefit to push children forward with their studies to the disregard of their bodily health. Sitting, too long, in a stooping posture over books and writing is exceedingly injurious. Care should always be taken to see that children sit sufficiently high while at their studies, and that there is no continual pressure of the chest against the table. If the chairs are not high enough a hard cushion should be made, and placed on the chair so as to raise the body to a proper height to avoid pressure of the chest. The way in which so many children learn their lessons, both arms spread on, and the chest pressed against, the table is very hurtful to health. Leaning on the table (so that the chest is pressed against the table) is not a necessary adjunct of learning. Neither is it necessary to have the chest pressed against the table when learning how to write.

Cheerfulness, quietness, and an easy manner of imparting knowledge are *most necessary* for the proper instruction of young people, and all studies should be made as agreeable as possible.

Where it is possible children should begin at an early age music and singing. There are music and singing books quite within the capacity of children of even five and six years old. There are also some nice part-song books written especially for little children. Music has a refining influence and is a source of amusement to

young and old. Singing is also of benefit to the chest and lungs. Young children should not of course have their voices forced, but most children can join in part-songs suitable to their age without in any way injuring the voice for singing when grown up.

Too much restraint is often exercised over children. They are hardly allowed to laugh, and often, except the amusements they make for themselves, there is hardly any diversion provided for them. It is a great blessing that the imagination plays so large a part in the lives of children and that they can find amusement out of so many trivial things. It is wonderful how children can make a play-toy of almost anything, and if left to themselves they will amuse themselves quite well with the simplest and most ordinary things. It is most unreasonable to keep children always subdued and quiet. They should at certain times have "a playtime," when they should be allowed to romp, and play, and laugh. To be cheerful is a great help to good health, and to depress a child is to lower its tone of health. To some natures especially cheerfulness is health. All the surroundings of children should be bright, and nothing of a gloomy, depressing character should be allowed to form part of a child's life. Why should young natures be made sad and *dejected* where it is possible to avoid doing so?

Nothing in nature is melancholy. The very birds rise in the morning with a note of joy, and unless maimed or injured they ever sing a joyous song. Everything in nature speaks of peace, repose, and brightness. Why should human beings, endowed with reason and gifted with mind and sense, strike a different key, and cause gloom and cheerlessness to young natures who would otherwise be, as nature formed them, bright and happy? The rooms occupied by children should be made bright and pleasant, and a light wall-paper should always be chosen for nurseries and schoolrooms. The new papers of nursery rhymes, *Æsop's Fables*, &c., are very excellent, being instructive, as well as cheerful and agreeable to look upon.

Sunday is often a miserable day to children, gloomy, dull, depressing. Being deprived of their daily occupations and because it is Sunday allowed to amuse themselves in no way, they are thus rendered wretched. Children if active, and of a cheerful disposition, often find Sunday the longest day of all the seven. Many grown people in recalling the days of their childhood can remember a long succession of dull, desponding Sundays, their monotony unrelieved by a single variation. But why should that one day in the week (which of all others should be the happiest) be the gloomiest and most depress-

ing? There are many ways of making Sunday a bright day, a day of repose, of rest to both body and mind without making it a cheerless day. When it is taken into consideration that children are subject to exactly the same influences as grown people, and that they are equally touched by the external objects surrounding them, it will be seen that to take away on Sunday all the daily occupations and amusements of a child, its toys, its little playthings, which amuse and occupy; the little things of various interest which help to pass the time, and to substitute nothing of an interesting or agreeable nature, is to make the day an irksome and trying one to little people. That it is practicable to make Sunday a bright day, and that it would be equally right, and is possible, to be occupied in a manner suitable to the day of rest, never seems to occur to some people. A general air of depression, gloom, and a rigid observance of "nothing of a cheerful nature on a Sunday" are characteristic (with many people) of the seventh day. That a child might have instructive and agreeable toys, and if old enough to read, books suitable to Sunday, yet pleasant and entertaining, and occupations harmonising with the day, never seem to occur to many people.

That the Giver of all good intended the seventh day to be a day of gloomy dejection to the human

race is not compatible with reason. Yet to many well-meaning persons Sunday is simply a day of weary, cheerless idleness, and Monday is welcomed as a relief: cheerful activity returning with the day on which they go back to the bustle of general life.

Children should early be taught "the Lord's Prayer." It is very touching to see a little child kneeling down, and in all its purity and innocence saying that most beautiful prayer to the Great Father of us all; and who can tell how great a blessing it may be in after-life to remember that glorious simple prayer, in which all things Divine, and all poor humanity's needs are expressed.

But the Lord's Prayer should be taught reverently to children, and they should not be allowed to say it anyhow, and to gabble it over—a thing to be hurried and got over as quickly as possible, and the meaning of each sentence should be explained to children. It is impossible for children to take an interest in what they do not understand.

To end the day peacefully at a good father or mother's knee, with the calming peaceful words, on the lips of a little child of our dear Lord's Prayer, is to begin life in a way which cannot fail to have a good influence on the after-life; and the influence of any good woman reverently teaching the Lord's Prayer to a child is very great. That

prayer, taught in childhood, may come back to the mind, in after-life, a source of the greatest strength, comfort, and consolation. Where the Lord's Prayer has been reverently taught to anyone, it seldom leaves the mind, but will come back in times of sorrow, pain, or distress. And in its simple words how many have found an utterance for their needs! It is grievous to think of the thousands of children who are carelessly put to bed each night without a prayer or a thought directed to higher things. Mothers too often, alas, if they think of the bodily welfare of their children, are neglectful of this. The last prayer at night, however, and the mother's last kiss, before the little weary one sinks to rest, should never be forgotten.

The influence of dress on children is a subject seldom thought of. That dress does exercise a certain amount of influence on children is an undoubted fact, and to keep a child perfectly clean and nicely and tidily dressed, and to make a child take an interest in keeping itself nice, is of great benefit.

If older people feel the power which dress exercises, that is, if they feel when they are properly and well habited, surely young children, so keenly alive to every impression, will feel the power of that which older people are not *insensible* to. Children are very sensitive, and

nothing touches a child so much as the feeling of not being like the rest of the world. A child's world is comprised in the little circle surrounding it, and its happiness is formed by the associations and objects around it. And, even in so small a matter as dress, children are influenced for good or ill. Children like to feel well and suitably clad, and where their clothing is neglected it tends to lower the tone of their mind.

Children should be early taught politeness and courtesy. True politeness is that which springs from a nice mind and a good heart. True politeness is rare, and more valuable than perhaps is often imagined.

The teaching of the Catechism embodies not only the secret of true politeness, but shows the source of real goodness. And if the learning of the Catechism were more generally insisted on with children, and if it were more generally acted upon, there would be less evil in the world. There cannot be a better teaching for all than that which speaks of one's duty to others, also one's duty as regards oneself :

"My duty towards my neighbour, is to love him as myself, and to do to all men, as I would they should do unto me : To love, honour, and succour my father and mother : To honour and obey the Queen, and all that are put in authority under her : To submit myself to all my gover-

nours, teachers, spiritual pastors, and masters. To order myself lowly and reverently to all my betters: To hurt nobody by word nor deed: To be true and just in all my dealings: To bear no malice nor hatred in my heart: To keep my hands from picking and stealing, and my tongue from evil-speaking, lying, and slandering: To keep my body in temperance, soberness, and chastity: Not to covet nor desire other men's goods; but to learn and labour truly to get mine own living, and to do my duty in that state of life, unto which it shall please God to call me."

In the education and bringing up of young children it is apt sometimes to be overlooked that daily occupation and work, which will engage and bring into use the various faculties, is most necessary not only to bring children up well, but is also necessary to their health of mind and body. As grown people having nothing to do find the time hang heavily, equally children, who are not well occupied during the day, find the time pass irksomely. To be well occupied is a source of happiness to young and old. The old saying, "Hard work never killed," has a great substratum of truth.

It is a great mistake not to give children suitable daily occupations when they are at home for the holidays. Many children welcome their return

to school, and to many the holidays are a time of idle, listless, tedious, inoccupation. There is no need for children to go on studying hard during the holidays, thus having no relaxation, which is necessary, but occupation of mind and body is of importance at all times. Just as after a day well and fully occupied grown people have a feeling of fatigue, yet repose is the more welcome and the more appreciated, and the fact of having been well employed enhances the rest, and even gives a zest to food, so also children occupied daily in a manner suitable to their age and strength are benefited both in health, and mind.

Where children are old enough, however, the mind should have its work, as well as the body. Musical instruments of various kinds, the piano-forte, organ, harp, violin, mandoline, and painting, carving, modelling, and for girls needlework of all kinds, and many other things, afford a pleasing source not only of amusement, but of occupation, and can all be learnt when young.

Invariably the most cheerful, most contented, and pleasantest people are those who are daily fully engaged. In most cases gloom, depression, sour temper, irritability, lowness of spirits, and all kinds of morbid humours, arise from want of proper occupation, and in some cases it is not so much delicacy of health which renders people miserable as the want of something definite to

do, which will engage the mind, and so contribute to physical health. Idleness is a fruitful source of unhappiness to young and old, and much misery is often caused by it. Children should be taught to find occupation for themselves.

The way in which some people wander aimlessly through life, finding everything more or less a bore, arises in a great measure from want of early training in "self-amusement," and "self-occupation," I say "self-amusement," and "self-occupation," because everyone can feel amused and interested when they have things which contribute to their amusement, and everyone can be busy when they have their apportioned daily work which fully occupies them, but it is quite another thing to amuse oneself, and to quietly occupy oneself independent of anyone, and to learn to find in the daily routine of life reason for cheerful contentment; and as the power of contenting oneself in one's daily life is increased much by early training in doing so, the inculcating of this principle should not be lost sight of by those bringing up children.

"The trivial round, the common task,
Will furnish all we ought to ask :
Room to deny ourselves ; a road
To lead us daily nearer God." *

Children should early be taught self-reliance,

* Keble, 'Christian Year.'

self-help, self-control, and self-government. Also the power they have, and will have as they get on in life of making others happy or unhappy should be impressed on young people. Even a little child cannot be cross and ill-tempered without affecting others. To be miserable oneself is to reflect unhappiness on others. Everyone influences, for good or ill, someone else, and as it is written in Proverbs, chap. xx, v. 11, "Even a little child is known by his doings, whether his work be pure, and whether it be right." The power of example is very great, and one good person even, will, if only indirectly, benefit, and influence others. The power of a good life is incalculable, and little people cannot be too soon taught this; and that faults grow, and get with time more permanently fixed, and more difficult to eradicate; and as the best garden, with want of culture and looking to, will get overgrown with weeds and will be painful to see as an emblem of neglect and of what might have been better, so the best nature, if left to itself and not cultivated, will develop if only little faults, and if these little faults are not rooted up, they will soon overgrow the sweet flowers and good roots of life to their ultimate destruction. The mind to a great extent rules life, and life is often just what we make it, and it is much in our own hands to make it happy or

otherwise. It should be impressed on children (when old enough to understand) to avoid giving unnecessary pain to others. I say to others, for it is not often that human nature will cause itself unneeded pain. And now a few words on a subject seldom spoken of, and seldom thought of,—the correction of children. It is a subject very little taken into consideration, yet all children need correction at some time or other, and it is not possible to bring up children without suitable admonition and correction. In the Bible the proper correction of children is not only mentioned, but is even insisted upon as one of the duties of parents to their children :

“Foolishness is bound in the heart of a child ; but the rod of correction shall drive it far from him.”*

“He that spareth his rod hateth his son : but he that loveth him chasteneth him betimes.”†

“Withhold not correction from the child ; for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell.”‡

Correction, however, should never be done in anger. The habit of giving a child a slap and a shake for a fault is not only injudicious, but is seldom attended with a good result. Boxing children’s ears and striking the hands hard are

* *Prov. xxii, 15.* † *Prov. xiii, 24.* ‡ *Prov. xxiii, 13, 14.*

also unwise punishments, and are sometimes attended with unlooked-for and even serious consequences. The ears especially, being a delicate part of the body, should not be struck. The good old-fashioned punishment of a good flagellation with a thin, soft, old leather, or carpet slipper, not with the sole of the slipper, however, is still the best mode of punishment where severe correction is found necessary, for besides not harming in the least it is yet a punishment most generally disliked by children, and it has invariably a salutary effect. But even this should not be resorted to except when found absolutely necessary, and should then be treated as a serious punishment, and not one lightly inflicted; and the child's fault should be pointed out, and it should be seriously but kindly spoken to and admonished. Some children are more docile than others, and hardly need even reproof, but there are others who are all the better for proper correction. "Spare the rod, and spoil the child."

In being punished, however, children should always see that they are punished fairly, justly, and for some fault, and not at the will, fancy, or because of the temper, of those over them. A bitter feeling has many times been raised in a child's bosom by an unjust or unmerited punishment, and if a feeling of this kind is engendered it may not only seriously affect the disposition of

a child, but it may also militate against the future life by creating in the young mind a sense of injustice, harshness, and unlooked-for wrong. Servants should never be allowed to punish children how and when they choose. It is best for parents to correct their children themselves, always tempering justice with mercy and showing the little offender that although punished, yet affection is not absent. In conclusion, give thought to all the little things of life. The large ones will generally go right of themselves. It is the small, apparently trivial, things which require looking to. Amid the varied circumstances of life there is generally some need of thoughtfulness. There are few so placed that no one needs, or will need their care, or thought ; and many have little people who will be all the better if they give, even, only a passing thought to the many little things which may be a cause of discomfort, of pain, or of injury to them, and more than a passing thought may well be given to a few of the little things, perhaps, appearing unimportant, which, however, tend to make children grow up well.

“Think nought a trifle, though it small appear ;
Small sands the mountain, moments make the year,
And trifles life.”*

* Young.

CHAPTER II.

FEEDING.

ONE of the things most conducive to good health is regularity in taking food. Irregularity in feeding is often the cause of delicacy both in infants and children. Irregularity also in feeding is apt not only to cause indigestion, but is sometimes the precursor of feeble health. When animals are kept in a captive and domestic state, as at Zoological Gardens, for instance, it is thought necessary to their well-being to give them their food at regular hours each day; and one will see how the poor animals, accustomed to being fed each day at the same time, get restless when the hour approaches at which they are fed, and quite look for their food at the usual time. If then it is found necessary to feed animals with regularity, if they are to be kept in *a healthy and good state*, equally it stands to reason that it must be necessary for human creatures to feed with regularity. Man, in his animal nature, does not differ from other crea-

tures of nature ; it is only in mind and in the spiritual essence that the difference exists.

Parents should personally see to their children's feeding. They are sure to be properly fed if this is done, but where the feeding of infants and children is left entirely to servants they are too often underfed. Children who are old enough are much better in health when they have their two principal meals (breakfast and dinner), if not all their meals, with their parents. Children are too often very badly fed when their meals are taken in the nursery or schoolroom, and get their meals not only often coarsely served and unpalatable, but also sometimes badly cooked. Children's meals should be punctually served at the same time each day, and the hours between taking food should not be too long. Children, like older people, get a faint, weary feeling when they go too long without food.

There is no doubt that the health of infants when brought up by hand greatly depends on the food given, also on the manner in which it is given. The diet of older children also exercises a great influence on their health. Easily digested, wholesome, and nutritious food is an absolute necessity for the healthy bringing up of infants and children. In England it is greatly the custom to bring up children by hand, and there is *no doubt* that, as a rule, children so brought up

do very well, and grow up (unless there is any inherent delicacy) both healthy and strong. In some instances, however, either through neglect, want of care, or want of a little knowledge in bringing up children by hand, they are sometimes subjected to a good deal of unnecessary discomfort, if not injury. Abroad it is much the custom to bring up children with wet-nurses, but children can be equally well brought up by hand. The great mistake is to suppose that children will grow up well with insufficient care ; no regard being paid to either the nature of the food given or how it is given.

With most people the word "nurse" implies the knowledge of how to bring up an infant, or child, and anyone who applies for the situation of nurse is supposed to understand perfectly how to feed an infant. This, however, is not always so ; and in some instances infants lose their lives simply through its being taken for granted that it is the most simple thing in the world to feed and bring up an infant, and requires neither thought, attention, or knowledge. Monthly nurses are always supposed to know how to feed and bring up infants by hand ; they are, however, occasionally incapable people, and sometimes their knowledge is founded on a very limited personal experience ; and if there is any weakness in a child the chances are it dies. If,

however, a monthly nurse is a capable, experienced person, a child, even if delicate at birth, is more likely to survive than a strong child given into inexperienced or careless hands. Too often a mother or a young nurse (with no knowledge whatever of how to feed an infant, and no one able to give a single idea on the subject) takes charge of a young baby. The child may be fairly strong, and might do very well if properly fed and tended, but improperly fed and attended to, it becomes sick, cannot keep its food down, diarrhoea perhaps begins, and the doctor has to be called in. The poor little soul is soon seriously ill, and probably entirely from the way it is fed and looked to; medicines are given; the doctor looks serious, but it is one thing to prevent an evil, another to cure it when once begun.

There can be no exact substitute for the natural milk, but as it often happens (owing sometimes to the force of circumstances, a mother being unable to nurse her baby, or even the child being deprived of its mother) some substitute has to be found by which to rear an infant. Under these circumstances those having the charge of a young baby are sometimes greatly puzzled as to what to feed it on, more especially if they find cow's milk, which is generally the *first thing* tried, does not agree with the child.

I have known physicians who made infants and children an especial study, and who were very clever as regards the ailments of children, quite at a loss as regards the feeding of a young infant, and obliged to rely more or less on the knowledge of a nurse.

A doctor will sometimes say, when a child has become very ill, as a last resource, "Get a wet nurse," but when a child's stomach becomes seriously upset, or injured, even this will sometimes be of no avail. I once asked a French physician who was supposed to be very clever as regards the treatment of young children, how I should feed a little baby, between seven and eight months old, who had to be weaned suddenly without any previous preparation, and he told me I could not do better than give the child beef tea and eggs lightly boiled. This, theoretically, might be very well, but was practically the reverse. In the first instance it was a very violent change from natural milk to eggs and beef tea, and the taste being so different although I managed to give the child the eggs with a spoon, the child would not touch the beef tea. The eggs alone not being sufficiently satisfying, the poor little soul cried incessantly from hunger and the want of something warming, comforting, and pleasant to the palate; and if this manner of feeding had been persevered with, no doubt

the child would have been seriously ill, or might even have died.

In engaging nurses, I have also often been much struck at the vague way in which, when questioned, they have spoken of the feeding of infants. Requiring a nurse once for an infant a month old, I asked a person who applied for the situation, and who apparently in every respect as regards character, appearance, and age seemed suitable for the place, what was her way of bringing up an infant by hand? In fact, what her idea was, as regards feeding a young baby? She told me that she had taken entire charge of a baby three days old, owing to the serious illness of the mother, and the monthly nurse being required entirely for her. To feed this little creature she had taken a large slice of what is called household bread. This she had placed (first cutting off the crust) in a saucepan, adding a breakfast cup of milk. After well boiling, it was turned into a bowl, and when beaten up was given to the baby. On inquiry I found the baby had been troubled with indigestion. This I was not surprised at. Bread-and-milk is generally found excellent in cold climates for older children, but is not considered suitable (by those who have studied the matter) for the feeding of quite young infants. Bread *can be*, and is sometimes, given to quite young

infants; but it is extremely doubtful if it is of benefit to them. Very strong infants, kept much in the open air, and those living in the country, or at the sea, will probably not suffer so much from indigestion, and may even show no apparent harm, but delicate infants, or those having a weak stomach, and those kept much indoors, are very likely to experience discomfort, and even acute indigestion may arise from giving bread at too early an age. I have known instances where bread-and-milk (beaten up) has been given to quite young infants with no apparent harm resulting, and I have equally seen infants under different circumstances rendered quite ill by bread being given too soon. Another nurse told me she always fed an infant on weak beef tea mixed with an equal quantity of cow's milk. Another suggested eggs mixed with milk and a few drops of brandy given occasionally in it to assist digestion, or, as she termed it, "to correct the bile." Another nurse took a tin of Swiss milk, put the contents into a bowl, filled the tin seven times with water, and mixed this quantity of water with the milk (as she thought the larger quantity of water mentioned on the label; fourteen parts of water would make the milk too weak). The directions on the label on the tins of Swiss milk are seven to fourteen parts of water, but it does not say

you are to give all the Swiss milk contained in one tin for a meal to an infant. The mixture was given to the poor infant, but the poor little thing, as the nurse termed it, "did not thrive," and ultimately it died. In the 'Times' I also read of a nurse who had charge of a new-born baby, having "a bowl of milk upon the table, and while the baby was crying, she poured with a spoon the milk down its throat." "Some of the milk," it goes on to say, "went into the child's windpipe." Also she had fed "the baby by taking the top off the bottle, and pouring the contents down its throat." Comment is hardly necessary. It stands to reason that a child having by nature the capability, power, and desire of sucking, it cannot be right, and must injure an infant, to pour food indiscriminately down its throat. In any manner of feeding by hand great care is necessary, but more especial care is necessary when a child is fed by a spoon. Sometimes infants when born are too feeble to suck from a bottle; feeding from a spoon is then necessary, but it should be done very carefully, and the child should not be crying at the time it is fed, nor should it be hurried, or forced to swallow. A child, if properly fed from a spoon, will take the food, if it is nice, perfectly well; but it must be given quietly, slowly, and the child *should be allowed almost to suck the food down.*

Feeding from a bottle is the easiest, and is a very suitable manner of giving food to an infant ; but even this requires attention.

In France the system is to bring up children with what in France is called a "nou nou," or wet nurse. As soon as a child is born, if the mother is unable or does not wish to nurse it, a wet nurse is sent for. Strangers to Paris are always much struck with the appearance of the nurses with their costumes and caps with bright ribbon. These "nou nou's" are usually country-people, who come to Paris, often from long distances, to take situations as wet nurses ; and sometimes at the Paris stations you may see quite a number of country-women with tiny babies in their arms going home. These are the relatives of the "nou nou's." The mothers of the infants having been engaged as wet nurses, the relatives or friends have to take home the infants to be brought up at the mother's native place, probably by some relative. The family engaging a "nou nou" have to provide all the clothes for her use during the time she is with the family. If she remains twelve months, whatever clothes have been given are considered to become her own. Feeding-bottles are but little known of in France, and it is popularly supposed that there is some risk in bringing up children by hand, and so it is seldom tried by ordinary people.

Bringing up by hand, also the diet of older children.

It is most essential, for the successful feeding of infants by hand, to observe :

1st. Exactitude in preparing the food given, so that it is always the same, and always the same heat (lukewarm).

2nd. Cleanliness as regards the vessels the food is prepared in, and care to see that the bottle (if the food is given in a feeding-bottle) is always perfectly clean.

3rd. Regularity in giving food, also giving it sufficiently sustaining and in sufficient quantity.

Infants can be brought up on a variety of things, cows', asses', and goats' milk having been tried with equal success. Some of the patent foods are also of utility in bringing up by hand. It is always best, however, to follow the guiding of nature, as much as possible, and in nature we find that the nutriment provided for the early part of existence is milk.

The great desideratum in feeding an infant is that the food should be easy of digestion, easily assimilated, nourishing, and palatable. Whatever food an infant is being brought up upon, if *it agrees*, and the child gains in strength, and is

going on perfectly well in every respect, it is very unwise to make a change even with the idea of giving a better or more nourishing food. The old proverb, "Let well enough alone," is best followed. There is often more in preparing and giving a food than is thought of, and it is sometimes not so much the nature of the food, which disagrees with a child, as the way it is prepared, and given. If people are careless in feeding an infant, and do not pay attention to see that the food given is not only nourishing and easy of digestion, but also warming, always made the same, given in the same quantity, and given the same heat, they cannot expect success. Much illness and indigestion in infants arise from food being given too hot. All food given to an infant should only be lukewarm, and it should always be tasted before being given, as it is not sufficient trying the heat by the finger. The food should always be made the same substance. To give food one time thick and another thin is very prejudicial; sufficient food to satisfy should, also, always be given. Some children require more than others.

Great care should always be exercised in limiting a child's appetite. Children are sometimes underfed, and thus by want of proper sustenance when growing, and when all the powers of life are developing, and when proper

nutriment is necessary, a delicacy is caused that may show itself even in after-life. The constant crying and fretfulness of many infants is often caused by the food given either not being sufficiently satisfying, or not enough being given. On the other hand over-feeding is exceedingly prejudicial. There is no doubt that infants do best, sleep best, cry least, and grow up strongest, who are thoroughly well fed, at fixed intervals, with carefully prepared food. The habit of giving a baby, perhaps, half a bottle of thin, poor food, and when this is finished placing something in the child's mouth to continue sucking, not only does not satisfy the child, but actually injures and renders a child fretful, and is most pernicious in every respect. Some people keep one of the teats belonging to a feeding-bottle covered over at one end, so that, as they think, no air may pass through, and give this to a baby to suck after it has been fed, with what they think sufficient food. A common practice, also, is to dip a piece of linen in either sugar and milk, or sugar and water, to tie the piece of linen, and give it to an infant to suck. It is imagined the child will be satisfied with the mere sucking movement of the mouth. The poor baby, under the delusion that by sucking it will ultimately get food, perhaps, goes on sucking and exerting all its little strength; becoming exhausted, it will

probably go to sleep, but it is not really satisfied, and the practice of giving anything of this kind to an infant is very injurious, both to health and temper. If the food given to an infant is nice, given regularly, and in sufficient quantity, it will require, only, what is given, and will not want to go on sucking, for the mere sake of sucking. It greatly injures an infant to go on continually sucking without any food passing into the stomach. An infant will not take more than it feels it requires, and it should be allowed to drink till it is satisfied. Feeding a baby whenever it cries and at different times, is a great mistake. A certain time should always intervene between the giving of food, so that the food may digest properly. Infants soon become habituated to being fed with regularity, and as they get old enough to take notice they will look for their food at the usual time.

The very greatest care should always be paid to keeping feeding-bottles, and not only the bottles but the tubes as well, also glasses, or jugs in which infants' food is prepared, perfectly clean. Where there is likely to be any doubt about the feeding-bottles being kept scrupulously clean, a child is better fed with a spoon, but if this is done it must be done most carefully; and when old enough a child should then be fed from a cup. A cup is better than a glass, as it is less

liable to break, and when children have teeth they sometimes bite a glass very hard. Milk should not be allowed to remain in feeding-bottles; they should be washed out, tube and all, thoroughly after each time an infant is fed. Feeding-bottles not being kept clean are very apt to cause sickness. To keep feeding-bottles quite clean, they should be washed once a day with a little warm water in which a small piece of soda has been dissolved. They must, however, be thoroughly rinsed afterwards, as soda being mixed with a child's food will have a prejudicial effect on health. Where there is likely to be any want of care, potash, which is harmless, and can be purchased for a small amount at a chemist's, is better to use. A small pinch of this put into warm water will effectually clean feeding-bottles. Brushes should always be used in cleaning feeding-bottles. These can be bought at a chemist's. Tube brushes with the bristles fastened at the end, or with lint, instead of bristles, are the best; those with the bristles on each side are apt (after being a little time in use) to lose the hairs which, getting into the tube of the feeding-bottle in cleaning, will sometimes remain till a child begins to drink with some amount of force, when they will get into the mouth and even down the throat, causing great discomfort. When a child will not drink out of

any particular bottle, it should not be forced to do so, but the bottle should be taken to pieces and thoroughly looked to and washed, when it will probably be found that there is something the matter with the bottle. Children soon find when a bottle is pleasant to drink out of, and will often show a preference for a particular bottle. The tube, also the tip or teat of feeding-bottles, should be replaced by new ones at least once a month, even if they seem all right. The teat of a feeding-bottle, if kept in use a long time, is apt (by the action of the mouth) to become sticky and disagreeable, and sometimes a child will refuse to take its bottle from this cause alone.

For warming infants' food a very excellent lamp is Samuel Clarke's Patent Pyramid Food Warmer, and which is, with ordinary care, perfectly safe. Methyated spirit should never be allowed in a nursery, for the purpose of warming food, as it is highly dangerous, being most inflammable.

Cow's milk.—Cow's milk is most often used for infants, and in general, where carefully given and perfectly fresh and pure, is found very suitable. Occasionally in the winter time, however, cows are fed on food which so affects the milk that sometimes it will disagree with the delicate, sensitive stomach of a baby. I have seen infants

quite ill with diarrhoea, and even violent retching caused to infants by some food the cow had eaten, so affecting the milk that it quite disagreed a little time after being swallowed. I had also, once, one of my own children (who was being brought up on cow's milk) very ill with diarrhoea and constant vomiting. For a long time we were very puzzled as to the cause, and the doctor attending the child was quite unable to account for the diarrhoea and sickness continuing, until at last the source of the trouble was discovered in the food, which was being given to the cow from which we had the milk. In giving cow's milk, great care should be taken to see that the milk is perfectly pure and quite fresh. Nothing is worse than sour milk for a young baby. The milk for a very young infant should be sufficiently diluted with water, so that it may be light and easy of digestion. The stomach of some infants is so weak and delicate that they have much difficulty sometimes in digesting cow's milk. Where cow's milk disagrees—

Swiss milk will, perhaps, be found lighter and easier of digestion. If properly prepared and given (and the Swiss milk is a good kind), it is a most excellent and nutritious food for infants, and they can be perfectly well brought up on it till twelve or even fourteen months old, and

without any other food being given. In fact, as a rule, Swiss milk is found to agree best when given quite alone.

In warm countries, or where there is any doubt about milk being quite fresh and pure, or where it is difficult to get good fresh cow's milk, the advantage of Swiss milk in bringing up infants is very great. It is generally found nourishing, and easily retained on the stomach, and seldom disagrees if properly given. It must, however, be given with care.

Two mistakes are often made in giving Swiss milk. It is either not sufficiently or it is too much diluted with water. Another mistake is the strength of the milk is not increased according to the age of the child. Experience can alone afford a good guide as to the best manner of giving any kind of nutriment to an infant. People are apt to imagine that it is exceedingly easy to bring up an infant on Swiss milk, and that it requires no experience. This, however, is not correct, and the idea that there is less trouble with Swiss milk than other things, and that it requires less care in preparing and giving is a great error. Swiss milk requires, like all other kinds of milk, to be properly prepared, and warmed before being given, and it is the carelessness and want of knowledge in giving it which makes it turn out so unsatisfactory some-

times. I have found the Anglo-Swiss condensed milk prepared at Cham, Switzerland (trade mark, a milkmaid), a very good milk, and have been successful in its use. I have found it agree perfectly, being retained easily on the stomach, and I have found a great freedom from indigestion and diarrhoea during its use. I have given it from the birth and have had no reason to be dissatisfied with its use. In fact (in bringing up my children) where Swiss milk has been given, it has been found more satisfactory than even when cow's milk, or any of the patent foods, have been given, or the child has had a wet nurse. In all cases the simpler and more natural the food the more likely it is to agree. Where an infant is brought up from the first on Swiss milk but little difficulty is likely to be experienced. In weaning a child on Swiss milk, however, great watchfulness and care are necessary.

Swiss milk, how to prepare.—For a newborn infant: half a teaspoon of Swiss milk mixed with half a breakfast-cup of boiling water. Put the milk in the cup first, then pour the boiling water on it. Add half a teaspoon of lime-water and well stir till the milk is quite dissolved, and thoroughly mixed. This makes about six table-spoonfuls.

For an infant a month old: a full teaspoonful

of Swiss milk ; three parts of a breakfast-cup of boiling water ; one teaspoonful of lime-water. This makes about eight tablespoonfuls.

For an infant three months old : two teaspoonfuls of Swiss milk ; three parts of a breakfast-cup of boiling water ; one teaspoonful of lime-water.

For an infant five months : two teaspoonfuls and a half of Swiss milk ; three parts of a breakfast-cup of boiling water ; one teaspoonful and a half of lime-water.

For an infant eight months : three teaspoonfuls of Swiss milk ; three parts of a breakfast-cup of boiling water ; two teaspoonfuls of lime-water. This makes about eight tablespoonfuls.

An infant ten to twelve months : three and a half teaspoonfuls of Swiss milk ; three parts of a breakfast cup of boiling water ; two teaspoonfuls of lime-water. (Four teaspoonfuls of Swiss milk is generally found too heavy.) This makes about eight tablespoonfuls.

Boiling water should always be used in preparing Swiss milk for an infant, as in using cold water with the Swiss milk and then warming the milk in a saucepan, unless great care is always observed, the milk may at some time or other get burnt, and even if only slightly burnt, will soon upset the stomach of an infant. The milk should be allowed to cool, and should be

given lukewarm. It is better to have a small jug which will hold the exact quantity required of the milk dissolved, as cups vary sometimes in size. A jug is also useful for pouring the milk into a feeding-bottle.

Lime-water should be mixed with each bottle of milk given to an infant.

Cow's milk.—For a new-born infant four tablespoonfuls (quite full) of new milk; three tablespoonfuls of boiling water; half a teaspoon (a good half) of lime-water; half a teaspoon of powdered sugar. Well mix and give warm.

For an infant a month old: eight tablespoonfuls of new milk; six tablespoonfuls of boiling water; one teaspoon (a large teaspoon) of lime-water; one teaspoon of powdered sugar. Well mix, and give warm.

The milk, water, and lime-water should be increased in quantity as the child increases in age. Brown sugar should not be used, as it sometimes act as an aperient with young infants.

Asses' milk is by some considered a good thing to bring up infants on, being light and easy of digestion, and where an infant is very weak and feeble, or where the stomach is very delicate and does not retain food easily it is sometimes of service. The milk should be given in the same manner as other milk, and the addition of lime-water is beneficial. The quantity of lime-water

given should be the same as with Swiss or cow's milk and should be given at each meal.

Goat's milk is occasionally used in England, and is used in some parts abroad to bring up infants, but it is sometimes found to disagree, and abroad is popularly supposed to assist in creating a nervous temperament. If given, however, it may be diluted with boiling water and with the addition of lime-water and sugar.

Oatmeal, well boiled, made thin, and mixed with milk is sometimes given, and where the child is strong, old enough, and the climate is cold, may do very well, but in many cases it will disagree, especially if the stomach is of a *delicate or irritable* nature.

Baked flour, mixed with milk, is sometimes used, but it is doubtful if it will always agree with the tender digestion of an infant, and in some instances it fattens too rapidly. There are various kinds of biscuits and prepared foods for infants, consisting in many cases of different preparations of flour. Robb's biscuits and Spiking's infant biscuits are well known, also Savory and Moore's food for infants, Ridge's, Nestlé's, and other patent foods.

Baked flour, to prepare.—Fill an earthenware jar (a salt jar will do) with flour, press the flour down tightly, do not cover the jar over; put the jar in a slow oven, and bake the flour to a

light golden brown. Turn the flour out when baked by cutting round with a knife, scrape as required or all at once. If scraped all at once the flour should be put in a tin or bottle tightly corked so as to exclude the air and keep the flour perfectly dry.

Three tablespoonfuls of scraped flour to a pint of *milk or milk and water*, boiled together for twenty minutes and continually stirred. It should when made be of the consistency of cream.

Bread.—Good bread is of inestimable value as a food for children, but is not so suitable for an infant.

Arrowroot.—Where there is any difficulty in a child over six months retaining food on its stomach, and where there is diarrhœa; arrowroot made thin, and given almost if not quite cold, is of service to give till the stomach becomes quieter, but if a child is constantly sick, or the diarrhœa is very severe, no delay should be made in getting medical advice.

Rice-water is useful sometimes in stopping diarrhœa.

Two tablespoonfuls of rice, pour a breakfast-cup of boiling water on it. Let it stand a little while, strain, and mix the water with the child's bottle, and give nearly cold; half milk and half rice-water should be given.

Feeding Infants.

An infant up to a month old should be fed every two hours when awake, but it should on no account be awakened from sleep to be fed. If the sleep, however, is very prolonged it should be fed directly after waking. An infant should be taken up to be fed, and should not be fed lying on its back. If brought up with a feeding-bottle, the bottle should always be given as much as possible in the same position the infant would be fed if nursed. To place a baby flat on its back in its bed, and give it a feeding-bottle of food, is to cause discomfort, and prevents the food being taken in a proper, and suitable manner.

After a month the food should be given every two hours and a half; the strength of the milk being increased it will take a longer time digesting. It will generally be found that every two hours and a half, 'to three hours, is sufficiently often to feed a baby; if, however, a baby has been out in the air, it will probably require feeding in less time. This is best judged by whoever has charge of a child. Infants soon show when they are hungry.

All infants should be fed before going to sleep, that is, if the proper time has elapsed

since the last meal. They should also be fed when they wake in the night, and the first thing in the morning. It is not good to let an infant go all night without food, but it should be allowed to awake of its own accord and should not be roused to be fed.

The habit of indiscriminately feeding an infant at irregular times is very harmful. When a baby, however, requires feeding it is unwise to keep it without food for a length of time. The practice of giving infants small pieces of food of various kinds, when people are at their own meals, is not only injudicious, but is also productive of indigestion, and may even cause illness. Nurses often give little pieces of their own food to quite young infants, and are quite unaware of the injury caused. Pieces of currant buns, plum cake, biscuits, pastry, even bacon and ham, are sometimes given, and because they are given in small quantities they are not supposed to harm.

The Diet of Older Children.

With an infant, if the milk or food given agrees, it is best to continue without any change. The diet of older children, however, should be varied. Keeping children entirely to a meat diet, or to any diet without variation, is preju-

dicial to health. Vegetables, puddings, cooked fruit, as well as poultry and fish, are not only a most wholesome addition to the diet of children, but are also of inestimable value as articles of food. Children are likely to grow up strongest and healthiest who are given a liberal diet. Tea and coffee are not good for children, cocoa is also liable to disagree. The old-fashioned bowl of good bread nicely cut, with nice fresh hot milk poured over it, and sweetened with a little good brown sugar, makes a wholesome nutritious breakfast for children. Where people's means are not limited, however, it is well to add for breakfast something else besides, such as an egg lightly boiled, or some ham, or fish cake, or even mashed potatoes browned. Healthy, strong children have generally a good appetite in the morning, and it is well to begin the day with a good meal. Porridge made of oatmeal is also very good, but it requires well boiling, and it will disagree with some, especially if the climate is warm. Corn-flour is nourishing, but children are apt to soon tire of it, especially if it is not always made carefully. Where the climate is hot bread-and-milk will sometimes disagree. In most instances it is better to follow the habits of whatever country people are in, in feeding children. The manner in which the people of various countries live is invariably best suited

to the climate and people. In France, for instance, I have found children do best with a bowl of bouillon and bread for breakfast, and it is much the habit of the people of the country to take bouillon for breakfast.

As soon as a child is old enough to be given a mixed diet, it may with advantage be given for *dinner* a little fowl cut up finely and bread sauce (there should be no pepper in it, however), potatoes and good gravy, or a little tender roast beef, or mutton finely cut up. Children's food, especially meat, should always be carefully cut up, as they do not always masticate sufficiently, and it assists digestion. Good beef tea and bread is most nourishing for young children. An egg lightly boiled, or fried sole, boiled or fried whiting, boiled fresh haddock, are light and nutritious; custard and bread-crumb pudding are usually liked by young children, and are excellent for them. Vegetables of all kinds are good for children; except peas, carrots, and uncooked celery, which are apt to be difficult of digestion. Uncooked watercresses also disagree with some; cooked, however, they seldom do so, and when nicely cooked they make a nice vegetable, somewhat resembling spinach, which is also very wholesome. Currants are also indigestible.

Where a child has been kept a long time on milk

food, the change to other kinds of food should be made gradually. For instance, for quite young children one day might be given for dinner, chicken broth with a little bread, or beef tea and bread, an egg lightly boiled another day, minced fowl the next, or fish, and so on. When first making a change from giving entirely milk, it is well, however, to begin with only giving a light pudding or beef tea, giving it in the middle of the day after being out, and continuing the milk food at other times. Children from three years of age do not require more than three good meals a day, that is, "breakfast, early dinner, and tea." The latter, however, should not include that refreshing beverage, as it is not good for little people. Giving food, such as biscuits, cake, bread and jam, &c., between the regular meals not only interferes with children taking their regular food properly, but also tends to impair the digestion. Wine is not good as an ordinary beverage for children, even if freely diluted with water. The practice of giving children wine or beer with their dinner not only helps to spoil the digestion, but overheats the blood, and otherwise harms young children, and should not be given unless ordered by a medical man for some bodily weakness. Where a child is weak a little light port wine, with the addition of cold water, given in the

morning about eleven o'clock, is sometimes four beneficial, but it requires discretion in giving wine to young children. A couple of tablespoonfuls of light port wine, in a claret glass filled up with cold water, is quite sufficient for a young child. The addition of a teaspoonful of brown sugar renders it often more palatable to children. Before giving wine to children is best, however, to have the advice of a physician as to its suitability.

Toast-and-water nicely made is very wholesome. A slice of bread well browned, boiling water poured over it, allowed to stand a little time, strained, and drunk cold, is not only harmless, but many children prefer it for their dinner to any other beverage. The fruit syrups are all nice and refreshing mixed with water, especially in warm weather. Pure water, however, nature's beverage, is generally the best drink at dinner time. Milk agrees with some children at dinner and when diluted with water is not too heavy. Where milk cannot be had pure and fresh, beef tea is a good substitute; with some constitutions, however, it is found to be over-heating when given for a continuance and in a large quantity.

In feeding children, as in other things, personal observation is the best, and no fixed rule can be laid down.

Children should, however, be urged at all times to eat their food quietly ; and after dinner, or any large meal, they should be made to keep still for at least half an hour before going to their lessons.

CHAPTER III.

REPOSE.

A CERTAIN amount of natural repose is necessary to life, and to young infants and children sleep is not only of importance, but is also the most necessary part of their existence. Nothing can take the place of, or do the same good as, quiet reposeful sleep. Even in nature repose at regular intervals seems a universal law. The very flowers close in the evening at the same time each day, and the animals and birds, obeying the instinct of nature (which tells them repose is necessary), go to sleep when tired and have in each twenty-four hours, some time for rest and sleep. From the earliest period of life children should be habituated to going to sleep regularly. Infants should, from the first, be put to bed always at the same time, and it is best to accustom infants to sleep by themselves. An infant can be used to sleeping alone in its own little bed if the practice is begun from its birth, and it is far healthier. People have a great habit, when a baby is restless (or seems disinclined to sleep), of taking it

into their bed to sleep, but it is an exceedingly dangerous, as well as injurious practice, and a child, once accustomed to being taken into bed with anyone to sleep, will not sleep quietly by itself. When an infant sleeps by itself in its own cot there is no risk of suffocation. In several instances, infants have been smothered by being taken into a grown person's bed. Tired out perhaps after the fatigues of the day, a mother or nurse has taken an infant into her bed with the best intentions, and has in the oblivion of sleep most disastrously and unwittingly killed the child by overlying or suffocating it. The habit also of what nurses call "getting off a baby to sleep," that is, getting an infant to sleep in the arms (singing to and rocking it), is a great mistake. An infant should be put warmly covered over in its cot, laid on its right side, and the practice should be firmly persevered with, when it will be found the child will not only go to sleep, quietly, by itself in its own bed, but will also like best being put to sleep in this manner. I have seen children who would not go to sleep without going to sleep in arms, having been used to this way of being put to sleep, and I have also seen children who did not care to go to sleep unless laid quietly and comfortably in their own cot. Roughness should not be used in putting either infants or children to sleep, and it is very wrong to frighten

young children with the idea of making them go to sleep. To frighten young children at night by telling them something will happen to them, or something will come to them, is very wrong. It is a great error also to be cross and rough with infants and children to make them go to sleep. They are much better, and more easily managed by kindness, and it is quite easy to be firm with a child without being angry or severe. Judicious firmness is very necessary, but it does not imply crossness or roughness. What can be more trying to a young child than to be hustled down in bed or in the arms, with a slap and a shake? A child may be nervous or timid by nature, and if so it is not only very trying to the child, but is also likely to be hurtful. I have known children so frightened to make them go to sleep on the "Susan Nipper" principle, that they have grown up quite nervous. Children, if tired, and if in good health, will go to sleep without any trouble, but they must be brought up in a proper manner to go to sleep. The last look and word should always be kind. The mother's last kiss at night is a thing likely to be remembered in after-life. To go to sleep with a feeling of terror would be bad and distressing for anyone, but it is more especially so for young children, who have not the power of reasoning their fears away. To raise in a child's mind a feeling of horror and a

fear of darkness is essentially wrong, and likely to have a very injurious effect. Many poor children are terrified to be in a room without a light, and will not go to sleep in a dark room. This is entirely a matter of use and training, and it is not only useless, but cruel (having once created a fear of darkness in a child's mind), to laugh at a child's alarm, which is the natural consequence of fear. In some children the nerves are very weak, and they are more to be pitied than laughed at or scolded, and should be treated tenderly. Children, if they have not in some way learnt to fear the darkness, will not have a dread of it. I have seen poor children so afraid of going to sleep in the dark that it has been positive cruelty making them do so. Lying shivering and cold with fear, how is it possible to go to sleep comfortably? If once a fear of darkness has been established in a child's mind it is very difficult to remove it, but it may be done with patience and gentle persuasion, and it must be done gradually; and the feeling that there is nothing to harm in the darkness, must be substituted in the mind, for the feeling that the darkness is associated with something, which may happen, of an unknown and dreadful nature. Fear is always unreasoning, and an unknown evil, which may possibly happen, is always fraught with terror to the mind; we always dread the unknown. When

the mind can grasp something tangible, the fear is never so great as when something of a mysterious nature is feared. Where children will not go to sleep without a light a night-light is best. It should, however, be put in a place where it cannot be reached by children, and also a sleeping-room, in which young children are left alone in should have a high fender or good guard to the fireplace, so that they may not burn themselves, should the impulse seize them to get out of bed and go near the fire when alone. When children are put to bed no matches should be left within reach. Children, seeing older people strike matches so easily and without harm to themselves, are often impelled to strike a match if they can get one, and will sometimes do so when left alone to go to sleep. Many fatal accidents have happened to young children through carelessness in leaving matches, so that children could get at them, also through fire being left unguarded in rooms where children have been put in alone to sleep. Too much care cannot be exercised as regards fire, lamps, candles, matches, &c., and children should be warned of their dangerous nature. It should always be impressed on children who are left alone to go to sleep not to get out of bed by themselves. To do this, however, it is not necessary to create a feeling of fear.

All children should have as much air as pos-

sible, without draught, while sleeping. For an infant the curtains to the cot should be so arranged that they only protect from draught, and do not exclude a free supply of air. For older children the perforated iron cots (painted white) are excellent. With the cots with bars round children are sometimes apt to get their feet and arms through in their sleep, causing pain and discomfort. The apertures at the sides of the perforated cots (close to the head) should be covered over. Those at the end of the cot it is not necessary to cover. If the cot is placed so that there is any draught from a door or window it is not likely to cause harm if this is done. Where the apertures at the top are left uncovered infants and children sometimes get their eyes affected. Grey felt sufficiently excludes draught, and is inexpensive, and it can be covered with cretonne to make it look cheerful. Grey felt is also a good material for covering any door from which there may be a draught.

Too high a pillow is injurious. Horse-hair, or wool pillows for children are better than down or feather pillows, which are heating to the head. Mattresses made of chips of wood, or prepared dried seaweed are also better for infants than even wool mattresses, and can be made quite as soft. The bed-clothes for infants, and children's beds should always combine lightness with

warmth. For cold climates light wadded or eider down quilts are serviceable. Even in warm climates, however, flannel is necessary as a covering.

Children are so liable to catch cold through being uncovered during the night, especially if they have only a night-gown on, that a quite loose flannel covering over the night-dress is necessary for both infants and children. The over-flannel should be made of white flannel (red flannel is apt to stain when a child gets warm). It should be made to come just below the knees (about half way down the leg), and should be quite loose, with a place sufficiently large for the head to come through, the over-flannel tying loosely round the neck. It should tie at the back of the neck, and there should be no opening in the front as it is then a greater protection to the chest than when tied in front. The sleeves should be quite loose, coming to the wrist. For the summer, or if it is very warm weather, the sleeves may be dispensed with, or made merely to the elbow. In a warm climate also lighter flannel may be used.

An over-flannel is best bound with what is called "galloon" binding, as ribbon or ordinary flannel binding so soon wears in washing. The sleeves and neck require binding, although a hem does very well at the end. An over-flannel of this

description for sleeping in is better than those fastening at the ankles, as the body has more freedom, and the air is not so much excluded, which is more healthy.

The chest is the tender part, and the part most likely to get exposed during sleep. Some children kick, and move about so much during sleep that it is very difficult, if not impossible, to keep the child always properly covered over. Sometimes through a button being lost, or a string giving way, a child's chest (if the child has nothing over the night-dress) is exposed to catching a chill. A thin night-dress is also but a poor covering for the chest, and is a source of many colds. Many colds are prevented by children's chests being sufficiently and well covered over at night. There should, however, be perfect freedom of the body during sleep.

As regards infants it is a great mistake to tightly swathe and bandage the body during sleep. A great deal of indigestion is caused in young infants by tight bandaging, especially tight bandaging at night. Hiccough is often caused in young babies by too tight bandaging when asleep. Babies often wake up with hiccough, or if fed immediately after waking have hiccough, and the cause is invariably the tightness of the bands wound round the body. The popular theory that a baby

is doing well when it has the hiccough is a great fallacy. Nurses sometimes say "a baby is thriving" when it has the hiccough, whereas the poor little soul instead of thriving is probably troubled with indigestion. Tight bandaging of infants at night is really very harmful. It stands to reason that it must be very injurious to compress the stomach and digestive organs, especially during sleep, when all portions of the body should be untrammelled. Children are likely to be quite as upright, stronger in the back, and more muscular and vigorous who are not tightly bandaged as infants. Especially during repose tight bandaging is not good for the health of an infant. A broad flannel band lightly fastened round the body of an infant is useful, but the stiff white swathes commonly used for infants are (especially if fastened too tightly) promoters of indigestion, and are of no service whatever. If, however, they are used in the day, they should most decidedly be taken off during sleep at night. An infant should always be put in clean night-clothes before being put to rest at night. The habit some people have of drying the under-linen of an infant and using the same things several times is not good, and is often the entire cause of infants being so painfully chafed. The heat of the child's body brings out all the *acridity* which has been only dried and still remains in linen which has

been wetted by an infant, and is often the sole cause of infants becoming painfully excoriated. Sores, inflamed skin, and various other evils are caused also by infants lying continually, and for a length of time, in wet linen. The smell from linen, and flannels merely dried, and put on infants, is often very offensive, and the practice of putting soiled linen on an infant at night is a mistake. A baby should always be put to rest at night as fresh, and smelling as sweet, as possible. Macintosh should never be put just under (with nothing over it), or on an infant when it is put to bed; and it should not be used fastened round an infant's body unless there is especial occasion, when it should be removed as soon as possible. Macintosh excludes the air and not only helps to weaken, but is also very injurious where constantly used. When an infant wakes in the night the bed-linen if wet, and any other wet linen there may be, should be changed; the child will then go comfortably to sleep again when fed. Many infants cry and lie awake a long time because they are perhaps given a bottle of food in their bed, but are not otherwise made comfortable, and as soon as the food is finished the poor little things are sensible of the discomfort of their bed. It is very sad to hear a baby constantly wailing and crying in the night.

"An infant crying in the night :
An infant crying for the light :
And with no language but a cry."*

And in most cases it is easily prevented, and only occurs through carelessness, want of thought, or laziness. Cold feet are sometimes the cause of infants and children sleeping badly at night. Some infants and children suffer much from cold feet in the winter time. Where there is a tendency to cold feet woollen boots should be kept on an infant's feet at night, and they should be wrapped in a warm flannel as well before the infant is put to sleep.

For older children a stone bottle filled with hot water so that it is sufficiently warm to put the feet on ; covered with flannel, and left in a child's bed till the feet get warm, is very comforting, and will tend to promote sleep where it in any measure arises from the feet being cold. The restlessness of many young children at night, and the want of quiet repose, is very often owing to some little discomfort which might easily be remedied. When it is borne in mind how necessary quiet repose is for good health, it will be seen how very important it is to do all that is possible to promote calm refreshing sleep in infants and children. Sleeping cordials are most pernicious. An infant or child, properly fed and tended and

* Tennyson.

given plenty of fresh air, will sleep perfectly well without any; and even if an infant is a little restless, and does not sleep so well during the period of teething, a small amount of sleep naturally gained is better than the longest sleep artificially induced; it is always better not to have recourse to artificial aids to sleep if it can by any possibility be avoided. It is simply ruinous to an infant's health to constantly give what are called "soothing syrups" and "sleeping cordials." Attention should be paid to see that infants and children do not sleep too warm. Some children are apt to perspire a good deal when asleep. This should be looked to, as continued perspiration at night is excessively weakening.

The Morning Sleep.

Every child up to at least the age of three years should have a morning sleep. A morning sleep is not only very beneficial to children, but is in fact very necessary when they are up early, and greatly contributes to health by preventing over-fatigue. A certain time should be set apart in the morning for a quiet sleep. An hour is sufficient; but the child should not be awakened if it sleeps longer. To gain a good healthy refreshing

sleep the body should always be recumbent, and the clothes should be as loose as possible ; and it is better if there are no boots on the feet, as any pressure on the body while asleep is apt to interfere with the free circulation of the blood and is prejudicial. Unless a child is so placed that it can get a quiet comfortable repose, the body being placed in a proper attitude for sleep, the rest is of little value. When a child is fatigued it will sleep in almost any position, but to be really benefited a child should be placed in its own bed, and should be nicely covered over, and thus induced to take a proper repose. The practice of letting children sleep out of doors without cultivating the habit of having a quiet restful morning sleep indoors, is very harmful to young children's health. Nothing can be worse in every respect than the way in which so many people let children sleep in their perambulators out of doors ; their poor little heads most uncomfortably placed, and their poor little bodies jolted about in the most reckless manner. Grown people would think it a great hardship if they were compelled to go to sleep every day in a cab, driven along with no regard to the jolting they might receive. Yet poor little children, wearied, and often sadly needing a quiet reposeful sleep, are allowed to go to sleep in a perambulator in any sort of position out of doors, exposed to every noise, and often

to the direct rays of a summer sun, at the warmest part, too, of the day, and often quite unsheltered from either sun or wind, by even a hood being placed over them. They are wheeled along while asleep in the most careless way, not a thought being ever given either to the discomfort they experience or the injury which may be caused. It is quite possible for most people to let their children have a quiet morning sleep indoors, and if the value of it for young children were only realized there would be few with a conscientious regard for the welfare of their children who would be unwilling to try it. The sleep, however, is best in the morning.

“Tired Nature’s sweet restorer, balmy sleep!”*

Habitually putting children to bed directly after their dinner is liable to cause dyspepsia. In some instances, however, where children have perhaps recovered from some illness a sleep in the afternoon may be found beneficial. When children ask to lie down (and if it is seen that they look tired, or appear to require rest) they should not be prevented doing so, as they may feel the need of repose, and they will no doubt derive good from following the promptings of nature.

Young infants after the fatigue of being bathed and dressed should be fed and put to rest.

* Edward Young.

CHAPTER IV.

FRESH AIR AND EXERCISE.

THAT fresh air is necessary to and vitiated air is inimical to health all, are agreed. Yet numbers act every day as if this might be reversed, and might be written thus : " Vitiated air is good for, and pure air is not necessary to, health." All rooms which children occupy should be well ventilated. A very good plan is to have a piece of glass (placed in one of the window panes) which will open independently of the window. In small rooms, however, or in rooms in which there are several children, and in night nurseries, a brick removed from the wall and replaced by a ventilator is an excellent manner of ventilation. A piece of perforated zinc placed in the top of a window is also very good. Servants, however, are so apt to neglect opening a ventilator that it is generally best to have one which does not require to be opened by anyone. For children to be in good health it is necessary that they should not sleep in or be allowed to remain long

in a room without proper ventilation. A number sleeping in one room should also be avoided. It is a great mistake to allow children to sleep in too warm a room. Children's sleeping-rooms are better without fires at night, unless the weather is very cold or damp. When it is cold or damp, however, fires should be lighted during the day in children's sleeping-rooms, and should be kept up till they go to bed, and then let out. Also, if children are not well, or show symptoms of cold, fires are advisable in their bedrooms. Young infants require more heat than older children, and so a fire at night, or a portion of the night, is often necessary for them. Children after passing the night in a hot, badly-ventilated room sometimes feel quite sick in the morning, and are apt to look white and delicate from the same cause. If the air children breathe is vitiated their appearance will soon show it.

It is very sad, sometimes, to see the children of wealthy parents ; brought up with care and attention, no expense being spared, and often not naturally delicate ; they yet present a sickly appearance and look pale, and wanting in vigour ; in great contrast to the rosy children of even poor country people ; the very wealth surrounding them being at the root of their weak health, for if they were the children of poor country people they would be in the fresh air nearly all

day, but being the children of people with means they are but little out, and too often are kept in close stuffy rooms nearly all day, and at night, breathing impure air, thus enfeebling and rendering them delicate. It cannot be too strongly impressed on nurses and all who have charge of children, that the proper changing of the air in rooms during the day (by opening the window and door and so causing a free current of air) is most necessary.

Many people have an objection to children going out before breakfast, but there is no doubt that in the summer time it not only does not harm children who are in good health to go out for a little while before breakfast, but, on the contrary, does good. "The cold air getting on the stomach" idea is often quite a popular delusion. It is not intended naturally that children are to be out a long time before their breakfast, but in the country, and where there is a garden, a little while out in the soft summer air before breakfast sharpens the appetite and benefits. It is a great good for children to get out of the room they have been passing the night in, a little time before breakfast, and it is best, if possible, for children to have their meals in another room to the one they sleep in. Even after the morning sleep the room should be thoroughly ventilated. Children's beds should also always be

exposed to the fresh air after they have been left. Nothing is worse than to turn all the bedclothes up after the night, and to make the bed without spreading the sheets, blankets, mattresses, and night-garments out to air. Beds should never be made directly after being left. A certain amount of gaseous evaporation takes place during sleep from the body, and the body being covered up in bed the bedclothes and bed get impregnated with it, and if a bed is not thoroughly opened out every morning after being slept in it is very unhealthy. An infant's bed should be attended to most particularly in this respect.

Fresh air being so necessary to health, it stands to reason that outdoor exercise is most necessary for children of all ages. Even infants, when old enough, should be taken out daily, unless the weather is very inclement. When accustomed to go out in all weathers children are likely to be stronger and less liable to take cold. They are also less sensitive to changes in the weather. It is a mistake to take a young infant out too soon, especially if the weather is damp or cold, but as soon as it is able to be taken out, the fresh outdoor air will strengthen and contribute to health. Great care should be taken to see that an infant is wrapped up quite warmly but lightly on first going out. The veil placed over

the face should be light and soft, and of such a texture that the air can pass freely through. A thin, light Shetland veil, or one of a similar texture, is most suitable. After an infant is a little accustomed to the air, its face may be uncovered unless the weather is cold or the winds are keen. If the weather is too unfavorable to take an infant out, if it is taken into another room for a short time during the day, and the atmosphere of the room it has been occupying is changed before it returns by opening window and door and so getting a free current of air through the room, it will be of benefit.

When children are put to bed at night the register of the stove in the room should be left open. The way in which some people try to exclude all air from a sleeping-room at night is very injurious to health.

When children are put into a perambulator attention should be given to see that they are quite comfortable while out. There can be no doubt, whatever, as regards the absolute necessity for plenty of fresh outdoor air without over-fatigue for children; but for fresh air to do its work efficiently, children's bodily comfort while out of doors must be considered and looked to, and they should most decidedly be free from discomfort while out.

There is a great difference in perambulators, for instance, some being much more comfortable than others. Very often a small soft pillow placed at the back of a child makes the position easier and more comfortable. It is not agreeable for grown people to sit for several hours, on a hard seat, in an upright position. When you add to this constrained position the jolting movement inseparable from the wheeling of a perambulator, it is not difficult to imagine that a child (especially if very young) must find it very fatiguing to sit for a long time in a hard straight-backed perambulator; sometimes tightly strapped in, and the strap perhaps all the time pressing on the most sensitive part of the body, the stomach. When in a perambulator the little legs (unless the weather is warm) should be covered over with a warm covering, besides the ordinary leather covering, in which there is no warmth. It is a great pity to see, sometimes, how cold the legs and feet of little children are when they return after being out in their perambulators on a cold day, and thus, instead of benefiting by the fresh air, a chill or cold is caught. It is a great mistake to have a perambulator with a hood so arranged that the person wheeling it cannot see the child. A child by moving itself about may get in a very uncomfortable position, and the person wheeling the

perambulator may be quite unconscious of it. All the time children are out they should be in sight of the person having charge of them. Children should not be kept out too long when the sun is very powerful, as it is apt to make them sick, if no worse consequences ensue.

A judicious regard as to the season of the year, the state of the weather, and the nature of the climate of the country inhabited, should at all times be paid by those with young children, so that even such a thing as fresh air may at all times do good, and not harm. In the summer, the early part of the morning and the end of the afternoon are the best parts of the day for outdoor exercise; whereas in the winter the middle of the day and early part of the afternoon are the best, but even this should be arranged according to the weather. The life of children in a city is often rendered in some respects somewhat irksome. The studied walk and the absence of all freedom in walking make life in a city also more trying to the health of children than life in the country, and less conducive to robust health. All town children should be given as much fresh outdoor air without over-fatigue as possible.

In all cities and towns some open space is accessible, and easily reached even by little people. Children are so willing to walk that their small amount of strength should always be thought

and they should not be allowed to walk more than older people think good for them. Older people should always judge, for children are good judges of their own capabilities, and they should not be taken very long distances walking. It is also a great mistake to walk too fast with children. Older people walking with children should always accommodate their pace to the older folks' steps, remembering that little children are easily fatigued. So many people forget that children cannot walk as quickly as grown people. Every day one sees poor little children being pulled and dragged along. Often one sees two people engaged in conversation, quite oblivious of the poor little feet so painfully trying to keep up with the steps of the older people. It is they, who should be the first to remember how hard and wearisome it is for the poor little feet to keep plodding on, and how soon the little feet tire. In taking children out walking, too little regard is paid to their strength, age, and capacity for walking. The children of poor people are better off in this respect, especially the children of country people, whom you may see for hours standing and playing outside their doors, getting fresh air without fatigue, whereas the children of people better off, and who cannot be allowed to keep someone to mind their children, are often over-exerted in walking, and are,

sometimes, taken distances quite beyond their strength. There is no necessity for children to be hurried along, and it is a great error to suppose that it does not signify whether a child is happy or not when out; on the contrary, children's outdoor exercise should be made as agreeable as possible, and they should not be constantly and continually scolded, worried, or irritated when out. Children old enough to do so are better walking by themselves without the hand being held; walking at their own pace. By alternately walking and running the sense of fatigue is less than if one monotonous pace is kept up. Of course in crowded thoroughfares, or in the streets of a city or town, this is not possible, nor is it wise to let small children walk alone, but where it can safely be done it is best for children to walk by themselves. The benefit derived from fresh pure air and suitable exercise being so great, no effort should be spared by parents or those having charge of children in giving them all the advantages possible as regards what is so necessary for healthy life.

CHAPTER V.

SEA AIR.

SEA air ranks second to none of the various things which afford benefit to the health of the human race. Thousands of distressed creatures (infants, young children, and old people) of all kinds, and not only those bodily sick, but some mentally so, and others again, over-worked in cities, over-strained, and exhausted, and needing total change of air and scene, have sought the aid of the glorious, ever-changing, ever-fresh ocean; and have derived benefit not to be gauged even by those who are best able to estimate in some measure the good results which are produced by sea air. In some cases, however, sea air disagrees, a prolonged residence at the sea causing headache, nausea, and in some places where there may be a peculiarity in the drinking-water, diarrhoea will ensue. Some seaside places will also agree better with some people than others, some constitutions requiring a bracing, and others a milder air. Happily the instances

in which sea air disagrees are rare, in the majority of cases benefit being derived. A great mistake, however, is to suppose that children must be without any peculiarity whatever of constitution, and that, however older people may feel, young children cannot experience any unpleasant sensations from sea air or have the same feeling as grown people. Children, on the contrary, if they have any peculiarity of constitution which makes them likely to be affected in an unfavorable manner by sea air, or any particular kind of sea air, will be affected irrespective of their age. I have seen sea air disagree with quite young children. Their parents being quite ignorant of what was causing much bodily discomfort, and imagining it impossible that sea air could disagree with young children, attributed various symptoms to defective drainage, change of food, milk, biliousness, low state of health, even sometimes thinking it the right way for the sea air to affect the health at first, and that the health would even be all the better for a temporary disturbance. That the sea air could be the cause never seemed to occur to the mind of any one. That the beautiful fresh salt air could cause anything but good to health! Why, the idea was absurd. *That* the offender! The very idea is ridiculous. Many people say if sea air disagrees first those who are affected so unplea-

tly are more benefited afterwards, and by raining and as it were facing the enemy they ultimately conquerors. I am very doubtful self of these agreeable theories. Some people n go so far as to say that to really do good air ought to disagree at first. Invariably, vever, I have found if sea air absolutely disagrees, although persevered with, the constitution the person or child remaining unaltered, time ks no change for the better. I once knew an lady with whom sea air disagreed as much at enty, she told me, as when she was ten years . Where it is really seen that children do not prove, but on the contrary that they deteriorate health, when at the seaside, and are languid, rt, or suffering from signs of disturbance to system, it will rarely benefit to persevere in ing to overcome nature's warnings. Some stitutions are more benefited by country than air. This, however, is entirely a matter of ervation, and must in a great measure be ermined by experience. Age is of no conuence as regards the effect of sea air. Quite ants often derive such an amount of good from air that it is difficult sometimes to realize sea having so great an influence on such little atures. I have seen tiny, puny, little infants en to the sea, and it has so strengthened them t they have become in, a short time, quite

strong and robust. When an infant continues very weak and feeble, where it is practicable an effort should be made to send or take it to the sea, even if only for a little time, as often sea air will accomplish what all other means have failed in doing. I have seen an infant unable to keep any food on its stomach (through in a great measure weakness), emaciated, almost bloodless; after a few weeks at the sea become so changed that the only wonder was how it could ever have been so feeble. There is no doubt that often where there is any natural weakness in infants or children their constitution is greatly improved by the saline nature of sea air. If, however, an infant is very weak when brought to the sea care should be taken that it is not exposed immediately to the weather; if it is very windy, cold, or inclement on arrival, it will probably be best to keep it indoors till the weather is more genial, and it becomes used to the change of air. Also, if a child is convalescent from any illness, it is well if the weather is at all boisterous to stay indoors for a day or two, after coming to the sea till the weather moderates, and the child has got used to the difference of air. Very often, when people take children to the seaside they let them do there what they would not think of allowing them to do at home. Because it is the sea they are allowed to stand and sit in

thorough draughts, and do the most imprudent things. Residents at the sea often say visitors do with impunity what they would be afraid to venture on. A popular idea is that people never catch cold from salt water. The consequence is children are, sometimes, allowed to get wet through with sea water and are then allowed to sit about in their damp clothes on the cold stones on the beach under the impression that they will not catch cold. The day is perhaps quite cold and breezy, and, being unused to keeping damp clothes on, and also unused to so different a mode of existence, the result with the poor children is perhaps a severe cold, bronchitis (if the chest is delicate), or croup. I have seen many severe colds caught through imprudent sitting on the beach, also through people imagining that at the sea no care was necessary, and they could sit or stand with the doors and windows open without any ill effects. People will point to sailors and other hardy persons, and will quite overlook the fact that natives of the sea become inured, sometimes, from their cradle to many things which cannot be done immediately on arrival by strangers without causing some harm to them. Children brought up like hothouse plants are similar in existence and cannot be roughly *translated*, without any care or preparation, from a close indoor enerva-

ted life, to the hardy, outdoor, bracing existence of those, whose existence is similar to that of wild plants, without feeling the total change of life. Change of all kinds should be made gradually; and where there is an entire change of air (as when children are taken to the sea), care should be exercised. It is easy to lock the stable door when the steed is gone, but it is best with young children to be guarded before evils are developed.

After children have grown accustomed to a different atmosphere they may be allowed to do many things which should not be attempted at first. Precaution is always best. Another popular delusion is that the sun does not harm and does not bear such a power at the sea as inland. It is true on the seashore the sun, however hot, is generally tempered by a pleasant breeze, but if people, who are unused to being exposed to the sun, sit for a long time directly in the sun without sufficient shelter, they will experience the same ill effects as they would inland. I have seen two cases of sunstroke in young children, and one case in quite an infant, and have heard of several others, caused by sitting on the beach without any shelter, exposed to the full rays of a midday sun. During the hot part of the day, and when the sun is very powerful, if children are on the beach they should be shaded in some *measure, at least, from the sun.*

It is quite sad to see the numbers of poor little children, at the various seaside resorts during the summer, exposed without the slightest protection to the full power of the broiling sun. Hot, tired, almost sick from the effect of the sun, trying to amuse themselves (when old enough to run about), the poor little things derive no benefit whatever from being kept out, and would be far better lying quietly down in their bed in the cool of the house. Many people who accustom their children to a morning sleep when at their own home do not continue it when at the seaside; the parents say the children must have as much air as possible now they are at the sea, and the consequence is the poor children are kept out all the morning no matter how hot it is, and no matter how much they may be fatigued. Used to a rest in the morning, and at the hottest part of the day when they are likely to be most exhausted, and when a rest is most beneficial, children are much injured by being deprived of their morning sleep. With the unusual exertion gone through (of digging, running about, &c.), and the effect of being kept out a long time in a hot sun, children are often thoroughly exhausted, more harm than good being the result.

People should use discretion in keeping children out, and the ordinary habits of life should not be interfered with. When at the seaside, chil-

dren should not be allowed to over-exert themselves with digging, and it should always be seen that spades are the proper length. Injury is sometimes caused to young children by continually stooping with a spade the handle of which is too short. Children should have shady light straw hats in the summer at the seaside. In the hot weather straw hats are most suitable, as they allow the free circulation of air to the head. When children sit on the beach, if they are delicate, it is a wise precaution to put a shawl or some old wrap under them, as the stones may strike cold or may be damp, if the water has only recently receded; and if children are heated with playing they may catch cold. If sea air agrees with children, and their usual manner of life as regards rest, &c., is observed, they will no doubt be gainers from a sojourn at the sea, but if their whole course of existence is upset the good they may derive will be infinitesimal.

CHAPTER VI.

WATER.

FRESH pure water is absolutely necessary, not to health only, but even to life. Too much care cannot be exercised in having the water quite pure which is given to children to drink. Where there are filters they should be looked to regularly by some careful responsible person; servants are apt to be very careless as regards the proper cleansing of filters, and if they are not kept quite clean they are of more harm than good. I have seen filters kept so dirty that they actually caused the water to be contaminated instead of purifying it as was supposed. In some cases it is better to boil all water first before giving it to children to drink. In no case should water about which there is any doubt be given to children.

BATHS.

The outward use of water, cold, tepid, and hot, also salt water, is beneficial in a variety of ways.

Cold water baths are sometimes recommended as being strengthening, but should not be used with infants or children without medical advice, as the shock of cold water to the system may be harmful. Warm water used for baths is not only cleansing and refreshing, but is also of service in promoting health.

The skin being one of the great outlets of nature for what is not required in the system, it should at all times be kept clean and fresh. Nothing is so beneficial to health as soap and water, and nothing helps a child so much to grow up healthy and strong as keeping the skin perfectly clean. In fact, how much the proper bathing, washing, and cleansing of the body tends to keep people in good health can hardly be estimated. Doctors and sanitarians write about and are all agreed as to the necessity of personal cleanliness, yet too often their advice is disregarded, and people go on neglecting from day to day the use of that which really costs them nothing, and will benefit them much. Soap and water is within the reach of all, even the poorest. It would be a great blessing if poor people could be persuaded that their children's bodies require washing every day, and not on Saturday only as is too often the custom.

attended to keeping themselves per-
there would be no need for such a

thing as a “gratte dos,” the sale of which is said to be on the increase in this country.

Hot baths in some cases of illness are invaluable; in fact, if people would only recognise it, water is not only nature's great purifier, but is also nature's coadjutor in helping people to keep in good health, and it is a great pity water is so little thought of as a means of promoting health and that baths are so reluctantly used by many.

Bathing a baby.—A baby should be bathed in tepid water every morning, unless there is something in the state of the child's health which a medical man thinks will render the use of the bath injurious. It is generally sufficient (especially in the winter) to bathe a child once a day, merely washing it before being put to bed. In giving a baby a bath there should always be sufficient water to nearly cover the shoulders. When a baby is very young and cannot support itself alone, it should be held in a sitting posture in the bath. Great care should, however, be taken to hold an infant quite firmly. Nothing is so painful to a young infant as the feeling of slipping. It is best to put a baby gently in its bath and sit it down, then bring the left hand and arm round the back of the child, holding it by its back and left shoulder, while with the right hand the child is thoroughly soaped and sponged.

Particular attention should be paid to using a plain unscented soap; unscented oatmeal is a good soap for infant use. A sponge and piece of flannel are necessary to properly wash an infant. A piece of flannel should also be placed at the bottom of the bath for the child to sit upon, as it is softer than the bath, and helps to prevent the child slipping. Great care should always be taken to see that the water in the bath is only lukewarm, and that it is the same heat at the bottom of the bath as at the top of the water.

Some people have a habit of putting the hot water in first and then the cold, and without mixing the water thoroughly, sometimes without thinking of putting even their hand to the bottom of the bath to see if the water is all the same heat, they will put the baby in. The consequence is the surface of the water is fairly cool, but down at the bottom of the bath the water is very warm, and when the poor baby is put in the bath it screams and cries. You will sometimes hear a thoughtless, ignorant person say "the baby does not like its bath." But if a bath is properly made, and always a comfortable heat, an infant will enjoy it, and as it grows older and stronger will kick and splash about, uttering little sounds of pleasure. Some infants get so fond of their bath that they will some-

times evince dislike to being taken out, and will cry and kick to stay in.

After an infant is taken out of the bath it should be laid flat on its back on the knees of the person bathing it, rolled in a nice dry warm bath towel, a finer towel being used to wipe the head, and to thoroughly wipe and dry every part of the body. Every part of a baby should be gently, and very carefully dried, the chest and front parts of a baby first, afterwards the back. When quite dry a little Fuller's earth powder should be used with a puff, especially to any part which is likely to become chafed. Fuller's earth powder is better than any other kind to use for infants, being of a healing and harmless nature. If a child is properly washed and carefully wiped and dried every day, and if a good unscented soap is used, it is unlikely to become chafed. If, however, a baby becomes chafed a most excellent remedy is a little rock (not the powdered) Fuller's earth; it is sold at all chemists, and is inexpensive. A piece the size of a walnut put in the warm bath and dissolved is sufficient and should be continued till the skin is healed. If a baby is much rubbed or chafed, a small quantity of rock Fuller's earth made into a thin paste with cold water and put on the part will soon heal it. Rock Fuller's earth is better than cold cream or lard to put on a baby

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when it is at all chafed. Oatmeal or bran put in a bath is also very excellent, if an infant's skin is very delicate or troubled with roughness. The oatmeal is best put in a white flannel, not linen, bag, so made that one side can easily be unfastened. If the bag is thoroughly squeezed in the water, the oatmeal will have the same effect as if the oatmeal were put in alone, without the disagreeableness of its adhering to the skin. The bag does not require to be very large; one sufficiently large to hold two or three handfuls is quite enough for a large bath. The bag may be used two or three times without refilling, but it must not be left several days without being washed out and fresh oatmeal put in, or it will smell very unpleasant.

A teaspoonful of Eau de Cologne put in a baby's bath if it is weakly is strengthening; sea salt is also good, but some young infants' skins are too delicate to have sea salt or Eau de Cologne used to them, sea water even sometimes causing too great an irritation to be continued. Directly it is seen that anything (even as regards any particular manner of giving a bath) disagrees with an infant, it should be left off at once. It only injures infants and children to persevere with what disagrees. While giving an infant its bath it should be talked to cheerfully and pleasantly, as it tends to render an infant less nervous, and

is comforting to it. In giving baths to older children also, care should be taken to see that the water is not too hot, as very warm water used daily is weakening. A bath should never be more than tepid, for either infants or children. All children should have a bath every morning; it is always better given in the morning, than in the evening, and should be given before breakfast.

It is a mistake to use quite cold water for the bath of an infant, and even for older children it is doubtful if it is advantageous. Some people have an idea that it is likely to strengthen an infant to bathe it daily in quite cold water, but it is a great error, and instead of doing good often does much harm. The water being quite cold chills a young infant, and causes too great a shock to the system, and by being persevered with may even (where there is weakness) induce heart disease. It is always better if the water is tepid. Very warm water should not be used except in cases of illness. In convulsions, croup, or bronchitis warm water is, however, invaluable, and as soon as a child shows the slightest symptoms of convulsions, or croup there should be no delay in using a warm bath. The very greatest care should, however, be exercised in seeing that the bath is not too hot. Several accidents have at various times occurred through water being too hot in

which children have been put on account of illness. The shock given to the system of a child by putting it into too warm water may be very serious, and cannot fail to have an injurious effect. An excellent way to try the heat of a bath (if there is not a thermometer) is for the person giving the bath to take off her boot and stocking, and put her foot right down in the bath, when the hot and cold water are mixed, and before putting the child in. The foot should be kept in the water a few seconds, when the proper heat can easily be determined. The foot being always covered up is more sensitive to hot water than the hand, or those parts of the body which are always more or less exposed to the atmosphere, and which thus become hardened. A baby should have its bath at the same time every morning; keeping a baby unwashed to a late hour is not conducive to health, and should be avoided. It is also very injurious giving a baby food, and bathing it immediately afterwards. No child, however young, should be given a bath on a full stomach. Some people are apt to imagine it does not signify if an infant is bathed after being fed, as only milk is given, but this is quite erroneous. The bath should be given at least an hour after any food has been taken.

Sea bathing.—Sea water is acknowledged by all medical authorities to be strengthening, and

beneficial where it agrees. In some cases, however, bathing in the open sea disagrees, and with some constitutions of a peculiar idiosyncrasy, salt water baths will even disagree. Attention should be paid to see that salt water agrees, or its use should not be continued. When children are afraid of the sea, and are greatly terrified by being put in the water, bathing them in the open sea is apt to do more harm than is often thought of. When a child is very timid and nervous, to be plunged suddenly in what appears to the poor child a mass of water, and which is, perhaps, quite cold, is very trying, and gives a great shock to the system. In some cases it causes, without people being aware of it, a great strain on and disturbance to the constitution. In the summer months one often sees at the seaside many poor children enduring the infliction of a course of sea bathing, their parents being under the mistaken impression that they are being strengthened. Often, despite their cries and screams, the poor little things are plunged down in the water, sometimes their heads being put under the water two or three times violently. To terrify them still more, quite little children are put into the arms, perhaps, of a strange bathing-woman, whose gruff voice (despite the words that the water will not harm) causes greater alarm than even the shock of the sudden immersion. Children are scolded for

crying on being put into the sea, and for not liking what is to them often a torture, not a pleasure; and it is thought that they will in a little time become used to what is a great discomfort, as if children could be different to grown people, and could get to like what is painful, or unpleasant. I have known children's stay at the sea rendered most uncomfortable, by their being forced into a course of sea bathing, and the advantage derived from which was most doubtful. In any case, children should be taken gently into the sea, and not roughly forced to go in the water. Very often, if children began by paddling in the sea at their own will, they would have less fear of the water, and might, after a little time, be induced to bathe in the sea without any fear or feeling of discomfort. But to put a young child in the sea, without any previous preparation, and, perhaps, quite unused to seeing the sea, if the child is at all nervous, is sure to cause fear, even if the fear is overcome afterwards, and may, perhaps, induce dislike to bathing which, with care, might be avoided. In many cases, suddenly putting a child of tender years in the water causes a feeling of horror. It is most sad, sometimes, to see quite tiny frightened creatures put suddenly in what is to them a source of the greatest terror, no tenderness shown, and their alarm (acute suffering to their little minds, unable to

reason) laughed at and ridiculed. Children should never be put in the sea when it is rough, or the weather is cold.

Paddling in the sea when it is calm, and not too cold, tends greatly to strengthen children's legs; and, as well as affording them great pleasure, is also very beneficial. In fact, for delicate children, it is often of more benefit than bathing. Where salt water does not disagree with children, if they are averse to being put in the sea, tepid salt water baths strengthen and do good. Cold salt water baths should not be given to children, except by the advice of a medical man. On some natures bathing in salt water, even taking tepid salt water baths, has the effect of causing headache, lassitude, sometimes diarrhoea, and a feeling of sickness. The salt water (when this is seen) should on no account be continued. If on coming out of the water fainting or shivering ensues, or, as some persons say, "they feel as if they never could get warm again," bathing or sea baths should at once be discontinued. For bathing or sea water to agree, the effect should be to cause the skin to feel afterwards in a pleasant glow, and no bodily discomfort should be experienced. Some people take ginger on going to bathe, or brandy before going in, or immediately after coming out; the latter, of course, could not be given to children, but

where sea water disagrees, no adventitious aid will be of any use in making it agree. It should always be kept in mind, that bathing on a full stomach is highly dangerous. Delicate children sometimes feel a craving for something to drink after bathing in the sea; they should, with as little delay as possible, be given a small cup of warm beef tea: Leibig's extract of beef tea warmed is excellent, being light and nourishing; and sometimes it is difficult to get good beef tea made at the seaside. A slice of bread is sometimes a good addition. If it is a long distance to the sea from the residence, the beef tea should be warmed before leaving, and put in a bottle, and it can then be given soon after coming out of the water. If flannel is wrapped round the bottle, and it is put in a basket or bag, it will keep warm some time; and a cup can also be easily carried. A cold drink should on no account be taken immediately after bathing, as it is most prejudicial; neither should fruit be eaten directly after bathing. Children should also not be allowed to sit about out of doors after bathing, as it is apt to cause a chill. A brisk walk should be taken to circulate the blood, and all draught, however warm the weather, should be avoided. Where sea bathing agrees, the benefit afforded by it (often in cases of serious disease) is incalculable. It should, however, be taken under the

advice of a medical man, in order that private persons may, to a certain extent, be absolved from all responsibility as regards its suitability.

CHAPTER VII.

COLDS, CHILLS, RHEUMATISM.

A PHYSICIAN once said, "A neglected cold is the forerunner of all evil," and invariably this is perfectly true, many serious illnesses often arising from apparently "a trifling cold;" neglected at the beginning, it has gone on till perhaps the highest medical skill is powerless to cope with it. Simple remedies applied at first will often arrest the progress of a cold, and will prevent more serious symptoms developing. With infants and children, colds, even slight ones, should never on any account be neglected. No one can tell what may result from a cold left unattended to. "A stitch in time saves nine" is an old adage, and is in no case more applicable than as regards colds. The weather in England often gets the credit of causing many colds, and there is no doubt that, in many instances, the weather deservedly gets the blame, but though the climate of England is very variable, and to a certain extent very damp, and the weather is often very trying, yet more colds, coughs, sorethroats, and rheumatism are

caused by people's own imprudence, than arise from the climate. Infants sometimes catch a cold from being insufficiently covered over at night. People are apt to put an infant to bed without considering that the nights are often very cold. When put to bed there is, perhaps, a good fire in the room, but when this goes out, and the night advances, the room becomes cold ; the baby has, perhaps, no extra covering, and soon becomes sensible of the want of heat. It is always well to put an extra covering over a baby the last thing at night, where the fire is let out, and when the nights are cold. With a young baby a certain amount of warmth is always necessary, and any sudden change of atmosphere or temperature is highly dangerous. Draughts should especially be avoided. Too much care cannot be exercised in keeping a baby from sudden cold, and also from draughts, especially during the early part of existence. Sore eyes, weakness, and inflammation of the eyes, bronchitis, croup, colds of all kinds are often caused by draughts, and exposure to sudden chills. People sometimes open a window and door causing a thorough draught, and leave, perhaps, quite a young baby in the room in the direct current of air, and then they wonder that the result is a bad cold in the eyes or the throat or the chest or head, whichever part is weakest, and most

susceptible to cold. Chill is also especially to be guarded against in the bringing up of infants and children, being always dangerous to the young and feeble. Care should be taken to see that children are suitably clad according to the weather, the season of the year, and the climate. The chest should always be kept well covered. The way in which some infants are clad during the winter with thin garments, their little chests insufficiently covered, and thus exposed to draughts, and brought down sometimes out of a very hot room through cold draughty passages with only a light covering, or, perhaps, none put round them, often causes colds, and is exceedingly dangerous, even if the ill effects are not perceived at the time. It is also unwise having infant's and children's dresses cut so that the neck is quite bare. Some infants and children are strong, and become inured to having their little necks bare, but others, being less robust, suffer sometimes considerably. Too much care cannot be taken in keeping a baby from catching cold, and at all times they should be lightly but sufficiently warmly clad. Not being quickly dried after being bathed, standing about with only a little clothing on, standing or sitting with the door and window open, washing in cold water when over-heated, wet feet, damp sheets, damp pillow-cases (an infant is always best wrapped round

with a fine flannel square when put to bed, the flannel being put round the head), damp linen, damp clothes, are all things likely to produce chills and colds, which are the forerunner often of serious illness or injury to some delicate part of the body, and it should be remembered that it is much easier to weaken and injure the body than afterwards to cure and strengthen the part affected. A weakness is soon set up, but is often exceedingly difficult to overcome when once caused. When children go out walking in the winter, and the weather is damp or cold, their clothing should be such that it will protect the delicate parts of the body from being affected by the weather, and if it is wet under foot attention should be paid to see that the feet remain quite dry. If on returning home it is found that the feet are not quite free from damp, the boots and socks, or stockings should be changed immediately. Goloshes or cork soles are of service in preventing wet feet. Where the feet are always kept uncovered, the skin becomes hard, forming a natural covering. In Scotland and the north of England, for instance, hundreds of children go barefooted, and run about the streets in all weather, suffering no ill effects, but if once the feet are covered it renders them more or less susceptible to cold should they get wet or damp and be allowed to remain so.

Attention should be paid to the airing of infants' and children's linen. People are surprised that they suffer sometimes so much in after-life from rheumatism and stiffness. If they only knew what damp linen they had put on at different periods of their life, and its effect on them, they might find they had less cause for surprise. Much chronic rheumatism is sometimes caused by damp linen. People put on themselves, and let their children put on clean linen just as it has come from the laundress; or they arrange with a servant to air the linen of the house, but never personally see that it is done in a proper manner. At first, perhaps, the servant airs the linen carefully, but after a little time, finding that the linen apparently does not seem damp, the airing is done in a careless manner, and sometimes ends in not being done at all. To properly air linen, it should be spread on a clothes'-horse in front of a good fire. Linen cannot be sufficiently aired when a number of things are piled one on top of the other, no matter how large a fire there may be. People also sometimes think it is necessary to air linen in the winter but not in the summer, whereas it is quite as necessary (if not more so) to air linen in the summer. In summer, the weather being perhaps warm, laundresses, like other persons, do not keep up such large fires, and often linen

comes home damper in summer than in winter. Sheets and pillow-cases, when put away in a cupboard for any length of time, should always be put before a fire before being used. Bedding, blankets, and counterpanes, which have not been used for any length of time, should also be aired before being slept in. Much rheumatism, and many colds arise from damp beds. A fruitful cause of rheumatism also is damp houses. People have sometimes a place in the country to which they go in the summer, or send their children. The house is perhaps shut up all the winter in charge of someone who only occasionally puts fires in the rooms, if at all. Fires are lighted in the rooms for a day or two before the family arrives. If it is quite warm weather, however, no fires are probably put in the rooms. Children, and all sleep in the beds, and rooms, which may be quite damp. Furnished houses, and apartments are also taken at the seaside in the summer, which have been perhaps unoccupied all the winter. People never think of airing the bedding, or having fires put in the bedrooms before they are occupied because it is the summer, and they are supposed to be "all right," and then people wonder that rheumatic affections are so common, and that children are sometimes so delicate, and so liable to colds, whereas it is really a wonder people are so strong, and so little subject to colds

considering their utter indifference, occasionally, to all precautions to ensure good health. Sleeping in a damp bed or damp room is enough to affect a whole life, it being immaterial whether it is summer or winter when it is done, and it is equally bad for a child as a grown person. An excellent preservative to keep the chest from being affected by damp or cold weather is wash-leather. A piece of wash-leather made so as to cover the entire chest will often be of service in keeping the chest from catching cold; where children have a delicate chest or are at all subject to bronchitis or croup, it is of great service. It is not expensive, and can be bought at a harness-maker's. A good piece of wash-leather (costing about 2s. 6d.) will make three chest preservers sufficiently large for children. They should be bound with ribbon, and have a piece of ribbon to fasten round the neck. If only put on under a child's dress when going out in severe or damp weather, they will be found of use. When a child shows symptoms of cold on the chest, no delay should be made in applying linseed meal poultices. People sometimes delay putting on poultices till a child goes to bed, although it may be all day suffering from its chest, and may each hour be getting worse. This is a great error, as in a few hours, if not attended to, a cold on the chest may become very serious, especially with an infant or

delicate child. It is better, as soon as a child shows by its breathing or coughing that the chest is affected, to put it to bed at once, even if only for a few hours, and apply poultices. Even quite an infant should have linseed meal poultices put on as soon as the chest seems oppressed or troubled. If a large piece of new white flannel (so as to cover the whole of the chest and stomach) with a piece of wadding or cotton-wool the entire size of the flannel is put on, after applying poultices, it will help to prevent any further cold arising from the application of poultices. New flannel (with a layer of cotton-wool or wadding placed next the skin) should always be put on immediately after poultices are taken off, as it tends to prevent any additional cold being taken. A piece of thick linen or something similar should be placed also over the poultices to keep a child's nightdress from becoming damp, and this should be removed after the poultices are taken off. Hartshorn and oil is also a valuable remedy for colds on the chest. With young infants it is most dangerous to neglect a cold on the chest.

CHAPTER VIII.

CROUP.

CROUP is one of the most dangerous diseases to which children are liable, and unless promptly attended to, sometimes, ends fatally in a very short time. Often, however, the immediate application of simple home remedies will arrest the progress of what, if left unattended to at once, might be beyond the reach of the greatest skill. The great thing in croup is to know what to do, and to lose no time, as soon as the first symptoms appear; for prompt treatment is of the greatest value, delay sometimes costing a child's life. I knew a dear child's life sacrificed because the parents of the child were on a visit, and, unfortunately, the nurse (being in what was to her a strange house) did not like to rouse the servants to get a warm bath, and poultices. By the morning the poor child was so seriously ill that when the doctor came the case was hopeless, and beyond the reach of the best medical skill. The doctor was of opinion that if the child had

been given a warm bath, and poultices had been applied in the early stages, the child would not have lost its life. I saw another case of croup in which the operation of tracheotomy had to be performed, entirely through delay in sending for a medical man, and not in the meantime using the remedies at hand. Croup usually attacks children during the night, sometimes coming on quite suddenly, and without any previous warning. Some children are more subject to croup than others, but all children, even quite babies, are liable to it. No house where there are children should ever be without linseed meal, ipecacuanha wine, hartshorn and oil, castor-oil, new flannel, and cotton-wool or wadding. It is a mistake to suppose children are only liable to croup in the winter, or in severe weather. I have had one of my children, who was very subject to croup, attacked quite suddenly, and without any warning, in the middle of the night in summer, and when the weather was quite warm. Any sudden chill is likely to bring on croup, especially if children are at all inclined to it. Croup is sometimes mistaken in the first stage for bronchitis by those ignorant of it, but once seen it cannot be again mistaken. The symptoms are hoarseness, a short dry cough, croaking noise, restlessness, and a great difficulty in breathing, the breath coming quickly and

(when the child is very bad), in short gasps. If the attack of croup is severe, and if the child is old enough to be able to tell, and is able to speak of what it feels, it will complain of a great tightness round the neck, as if the throat were encircled by something which was being very tightly drawn. If there is an extreme difficulty of respiration, or any sign of a crowing noise, no delay should be made in sending for a medical man, in the meantime using all the remedies at hand. Too many people should not be round a child at such a time. It is best if only those who are attending to, and those who have influence over, the child are in the room. Care should be taken (where the child is old enough to understand) not to alarm. Everything should be done promptly, quietly, but firmly, and yet in such a manner that irritation, fear, and needless pain are avoided. Gentleness and cheerfulness are most necessary; children soon read the countenance of those with them, and, as if there is any danger they should be kept in ignorance of it, they ought not to be able to see in the face of any one about them any signs of alarm. Nothing is gained by violently forcing children into things. More especially is it to be guarded against when they are ill. With gentle, but judicious firmness, children can be made to do, and will allow almost anything to

be done to them. There should be no delay in putting on linseed meal poultices. The poultices should be placed on the chest, and right over the upper part of the stomach, and also up round the throat to the chin. The poultices should have a piece of thick linen placed over them (independent of what they are made in), so as to keep the night-dress dry. Where children are very timid, and are easily frightened, and are alarmed at poultices, flannels wrung out in hot water, and placed round the throat, and on the chest, will afford temporary relief, and afterwards children, if taken carefully and firmly, will seldom object to poultices. The poultices should not be allowed to get cold on the throat or chest. A little mustard added to the linseed meal and mixed together (about half for a small and a whole teaspoonful for a large poultice) is useful in helping to keep the poultice warm, and is also useful if the breathing appears much oppressed. Care, however, must be used in putting in mustard not to put too much, as it makes the skin tender. Poultices should not be put on too hot. If the person putting on the poultices places them first against her own cheek the proper heat can generally be determined. Before putting on the poultices, the chest and throat should be gently but well rubbed with hartshorn and oil. If this, however, is not in

the house, the chest and throat should be rubbed over with a little salad-oil warmed. A dose of ipecacuanha wine may also with safety be given. A good fire, even if it is summer, should be lighted at once in the room, and if the child's breathing is very oppressed, a steam kettle should be put on a trivet or on the fire in such a manner that the room may fill with steam, so that the air in the room may be warm and moist. An ordinary kettle kept boiling and steaming so that the steam will get into the room is of service where there is not a regular steam kettle. If the attack of croup is very severe, a warm bath should be given before putting on the poultices. The bath should not be too hot, as too hot a bath is apt to give a shock to the nervous system, and will do more harm than good. It is better to have the bath moderately warm, and gradually to increase the heat, but if this is done, great care must be exercised so as not to scald or even cause alarm. The child should be kept in the bath about twenty minutes, a blanket being put over the bath round the child. When taken out the child should be quickly wiped with a warm towel, and should be put in warm blankets in bed.

On no account should the child be put back into a cold bed, or into the sheets. Nor should a child be taken to a bathroom. The bath

should be given in the bedroom before a fire. Warmth, moist air, and poultices are three most essential things in the home treatment of croup, and should be resorted to immediately the disease shows itself. When the attack of croup has passed, a dose of castor-oil (in milk made as directed at page 122) should be given. If the first dose is not kept down a second should be given within a short time. If a child is awake all night with an attack of croup, light nourishment should be given as soon as the severity of the attack has passed, and the breathing is less oppressed. Liebig's beef tea is an excellent preparation, being light and nourishing, and is especially suitable in a case of croup, when very often the stomach will not bear much, and there is a great difficulty in swallowing. A few teaspoonfuls are quite sufficient at a time; warm milk is useful when there is no Liebig or beef-tea of any other kind handy. Care must always be taken to keep up the strength, and not to allow a child to get exhausted. Very often after a bad attack of croup, children have a great distaste to food, so that what is given should be as light, and nourishing as possible. Beef tea, milk, corn flour made moderately thin, and arrowroot, are all excellent as articles of diet after croup. Honey is also soothing and nice. No cold drinks should be given, during and after

an attack of croup, and all chills must be guarded against. When the poultices are taken off altogether, to cover the chest with cotton-wool and new flannel must not be forgotten.

Children subject to croup should always wear, in the daytime (except in the Summer) a chest protector made of wash-leather, and always an over-flannel at night. Croup is often not dangerous unless neglected, but if it is not soon attended to, after its first appearance, it is very likely not only to be dangerous, but may in a short time end fatally.

Bronchitis.

Bronchitis is somewhat similar to croup in some of its symptoms. The same remedies used for croup, "warm bath, poultices of linseed meal, steam kettle," &c., are of equal benefit. If the collection of phlegm is very great, and there is much difficulty in bringing it up, ipecacuanha wine is also useful. Honey and lemon mixed are often of use as well in softening the phlegm as soothing the cough.* In bronchitis, equally as with croup, there should be no delay in using remedies, as when bronchitis is neglected, it is very dangerous, especially with young infants.

* See page 128, how to make honey and lemon-juice.

Measles, Chicken-pox, Scarlet Fever, Whooping-cough, &c.

These, although complaints incidental to children, generally need the advice of a doctor, and are more within the range of a medical work than one like the present, which is merely a few hints on matters of general importance and use.

CHAPTER IX.

APERIENTS AND HOME REMEDIES.

THE frequent use of purgative medicines is very injurious. In many instances, however, the cause of children not being well arises from want of attention to the stomach, and could easily be remedied by some simple aperient medicine being given before the stomach is so much out of order that it requires the skill of someone versed in medicine to set matters right. Many doctors' bills might often be saved if timely attention were paid to giving children a little simple cooling medicine when they require it. Nothing is so necessary to maintain the good health of children as nature being relieved each day without the constant use of aperients. Where aperients are needed, however, the simpler they are the better.

Manna.

A harmless aperient medicine, exceedingly useful where infants or children are inclined to

constipation. It is inexpensive, and can be bought at any chemist's. A few pieces of manna given to infants or children (the quantity being regulated according to age) generally operates simply as an aperient without any of the effects of more powerful medicines.

Dose of manna for an infant a few weeks old, and how to give it.—A piece of manna the size of a walnut should be put in a cup, a little boiling water poured on it sufficient to dissolve the manna, and it should then be strained through a piece of muslin into the baby's bottle, with about four tablespoonfuls of the mixed Swiss or other milk added. Afterwards the baby should be given the rest of its milk.

Manna for an infant up to six months old, and older children.—Two or three pieces of manna, according to what the child requires, and given in the same manner. For older children, three or four good-sized pieces of manna dissolved with a little boiling water, strained and mixed with a quarter of a tumbler of warm milk, and given fasting in the morning, will generally relieve the bowels without any trouble. Where children do not dislike the taste of manna and are old enough, it can be eaten, two or three good-sized pieces being sufficient for a dose.

Magnesia.

During teething, fluid magnesia is very beneficial, being cooling, and where an infant is suffering from acidity, one or two teaspoonfuls in its milk occasionally is of service. For children over three years, half a claret glass of fluid magnesia filled up with water, with the addition of a little brown sugar, acts as a gentle purgative, and has a cooling effect on the system.

Castor-oil.

Castor-oil is a valuable medicine, but where only a gentle aperient is required, it is a powerful, and in warm countries, is in some cases a dangerous medicine unless taken under medical advice. The habit some people have of constantly giving infants and children castor-oil is not only very injurious, but is also very dangerous. Where a child, however, is suffering from acute indigestion, after croup, in threatened convulsions, or where a strong aperient is required, castor-oil may be given with advantage. When infants are teething, and appear very hot, heavy, feverish, or there seems to be any great disturbance of the stomach, a dose of castor-oil is

invaluable. It is a medicine, however, which should not be given except when there is a necessity. The best way to give castor-oil to infants or children is to get half a wineglass of hot milk, pour in it the dose of oil required, then pour the oil and milk together into a bottle, cork the bottle, and shake it violently for a few seconds, till the oil and milk are quite mixed. When mixed together, pour into a glass and give with a teaspoon to a young infant, holding the child in your arms with the head somewhat back. Older children will drink the mixture from a glass, as there is not much taste with it. This way of giving castor-oil has another advantage. It is not so liable to repeat as when taken alone or merely put in the milk. One teaspoonful of castor-oil is sufficient for an infant. After eight months and up to four years old one dessert-spoonful will be enough. Where an infant has a great deal of phlegm on the chest, a dose of castor-oil in milk is most useful. If the phlegm is loose, it will cause sickness and bring it up, or it will cause the phlegm to pass so that it will not remain in the stomach after having been swallowed. In giving an infant or older children castor-oil, if the first dose is not kept down a second should be given within a short time. If due care, however, is observed in giving it, and the oil is sufficiently

shaken together with the milk, it will generally be kept down.

Sweet Essence of Senna.

Is a useful aperient for children over three years. There is some difficulty sometimes, however, in getting children to take it. It may be given in a little beef tea, flavoured so that the taste is not perceived so much.

Compound Liquorice Powder.


Is also very excellent, but many children have an extreme aversion to it. It can be given in a little warm milk, or beef tea to disguise the taste.

Powders.

Powerful medicines are sometimes put in powders, and should not be given to children unless people are assured of their being harmless, or they are given under the advice of a doctor.

Eno's Fruit Salt.

Is an agreeable and excellent medicine for children after three years of age. One teaspoonful



to two, or even two and a half teaspoonfuls in half a tumbler of warm water is sufficient for young children. Warm water is better than cold.

Stewed prunes, or French plums, a fig given early in the morning, fasting, and honey are of service to children. Honey especially is very useful, half a teaspoonful put in an infant's bottle, a full teaspoonful for a child twelve months old, is often of service in helping to relieve the bowels. Before putting the honey in the feeding-bottle dissolve in a little hot milk and well stir till mixed. For older children a dessert-spoonful taken the last thing at night or on first waking.

Preparations for Infants.

Lime-water is a very useful adjunct in bringing up by hand. A teaspoonful (increased according to age) should be put in each bottle of food given to an infant. Lime-water should be given till a child is twelve or fourteen months old.

Dill-water.

A teaspoonful, not more, put in an infant's bottle of food when the child is troubled with flatulency is of service.

Peppermint.

When an infant cries, and draws its legs up, and seems to have pain in the stomach, half a mild peppermint drop dissolved in boiling water and mixed with the milk given, is of benefit.

Hartshorn and Oil.

Is an excellent remedy for cold on the chest. It should be well rubbed into the chest, a piece of new flannel (white) being placed over the chest afterwards. The flannel should not be dipped in the hartshorn and oil, and put on the chest, as it will act as a blister if this is done. For a very young infant it is well sometimes to add a little salad-oil before using, as hartshorn and oil, as it is bought at the chemist's, is sometimes too powerful for a young infant.

Gargle for Sore throat.

One handful of red sage (the leaves picked off) ; half a pint (one tumbler) of vinegar ; half a pint of cold water. To be well boiled (kept simmering in a saucepan with the lid on) for one hour. The

saucepan must not be an iron one or it will turn the mixture black. When nearly cold, strain through a sieve, and add two glasses of port wine, and six tablespoonfuls of honey. A silver, electro, or wooden spoon should be used. This will make a port wine bottle full of gargle; and when cold may be bottled for use.

This is an exceedingly useful gargle for a relaxed sore throat. For an ulcerated throat it is best used warm. The quantity of gargle (about half a tumbler) required may be put in a glass, and if this is stood in hot water it will warm it sufficiently for use. Where people are unable to gargle the throat, the vinegar, water, and red sage boiled together for an hour, and then put in an inhaler and inhaled is of service. The port wine and honey are not necessary when it is inhaled. The leaves should be put in the inhaler. Red sage can be bought at a herbalist's. For a very severe sore throat the mixture, when inhaled, may have the addition of a little nitre; as much as will go on a silver threepenny piece is sufficient. Nitre should not be put in, however, except when inhaled, and should be put in the inhaler just before using.

Lemon and Honey.

Juice of one lemon. Soften the lemon well (before cutting) by pressing it, and then squeeze the juice out, add two tablespoonfuls of honey, and well mix together. Strain through a sieve for use.

A simple and useful preparation for sore throat and cough. A spoonful of this will often stop a fit of coughing with children.

Scalded Lard.

A quarter of a pound of lard. Put the lard in a basin, pour a pint of boiling water on it; let it stand till the next day, and then skim the lard from the top (skim with a knife) and put the lard in a jar, and press it down.

Useful for infants and children for chapped skins. In the absence of cold cream it answers the same purpose.

Wash for the Hair.

One ounce of camphor, one ounce of borax. Put the camphor and borax in some convenient vessel, pour a quart of quite boiling water on

them; let the mixture rest till quite cold, and bottle.

This is most excellent for cleaning the hair, and keeping it a nice colour. It is a very good plan to saturate a child's hair with this before washing with soap and water. It should be dabbed in the hair with a sponge.

Mutton suet.

For chapped hands and ankles from which some children suffer, a very useful remedy is mutton suet. Melt a piece of fresh uncooked mutton suet before a fire (a candle will do equally well), and rub while warm on the part affected. Let it dry on the part, and afterwards wash off with warm water, and if the part is not too tender with oatmeal soap. Mutton suet is best applied at night before going to bed, and allowed to remain on till morning.

Rock Fuller's Earth.

A piece the size of a walnut, or two or three good-sized lumps, according to the quantity of water, put in a warm bath, or made into a paste with a little water, and put on the part affected, is useful for chapped or excoriated skins.

Chaulmoogra oil soap.—Useful for eruptions of the skin.

*Chaulmoogra oil ointment** is also a valuable preparation for affections of the skin. Sold at Corbyn, Stacey, and Co., Chemists, 300, High Holborn.

Stings, Bites of Insects, Burns.

The great advantage of any remedy (in case of either a sting from a wasp, or, if bitten by insects, or even in case of a burn) is to have the remedy at hand, and to be able to apply it immediately. The simpler the remedy, and the more easily applied, the better.

For the sting of a wasp.—First press the sting out, if possible, by pressing the barrel of a key over the part stung, then place a scraped raw onion over the place, fastening it on with a light bandage of linen; keep the onion on for an hour, or even longer.

Bites of insects.—Put four tablespoonfuls of

* Messrs. Corbyn, Stacey, and Co., have a pamphlet on Chaulmoogra oil.

eau de Cologne in a cup, add two tablespoonfuls of cold water, and one tablespoonful of salad-oil, pour all together into a bottle, and shake till well mixed. Dab the parts affected with a piece of linen dipped in this mixture, and it will generally be found to reduce the irritation.

Burns or scalds.—Scrape some raw potato, and apply immediately to the part burnt or scalded, completely covering the part with it, and cover over with linen to keep it on.


How to Fumigate a Room with Camphor or Keating's Powder.

Place a red-hot coal on a shovel, and put a small lump of camphor on the coal, wave the shovel about till the room smells of the camphor. This makes a pleasant odour in a room in case of illness. In the same manner place a red-hot coal on a shovel, and sprinkle with Keating's Insect Destroying Powder, wave the shovel about. This is useful for the destruction of gnats and insects, also mosquitoes and flies.

Linseed-meal Poultice (how to prepare).

The chief requisites for a linseed-meal poultice, to be of benefit, are for it to be 1st, hot (as warm as it can be borne); 2nd, light; 3rd, moist. A linseed-meal poultice is of little or no use if it is half cold when put on, and if a person is very ill, and the part to be poulticed (the chest or stomach) is tender, or if, in any acute affection, a heavy lump of half cold poultice is applied, it does more harm than good. The poultice should also be comfortably moist, not wet.

A linseed-meal poultice is best made as follows:—Get a good-sized bowl or basin, and in it put (for a child's poultice, where it is necessary only to poultice the chest) five good, well heaped-up, tablespoonfuls of linseed-meal; half a teaspoonful of mustard (if required). Well mix the mustard (unmade) with the linseed-meal. Then add boiling water, by degrees, and stir well, till the linseed-meal is of a soft, moist consistency; then turn it into a piece of thin muslin (the size required for the part affected), and spread the linseed-meal with a knife, and then spread over lightly with salad-oil, pouring the oil on the poultice spreading with a knife. This will bind the poultice together, so that when it is put on it will not get into lumps.



Turn the muslin over the oiled part so that the poultice may be kept together, and place the side not oiled on the part affected, so that the muslin is next the skin.

Oil-silk placed over a poultice helps to keep the heat in, and is useful in cases of serious illness, where it is necessary that a poultice should be put on, and kept on, some length of time without being removed. For ordinary cases a hot flannel placed over the poultice serves to keep in the heat, and also saves the nightdress from getting damp.

For a large poultice, ten to twelve tablespoonfuls of linseed-meal are necessary, and three-quarters of a teaspoon, or even a teaspoon, of raw mustard.

Where a poultice, after it is made, is not sufficiently hot, place the poultice (made in the muslin) between two plates in the oven, or on a plate before the fire, till it is the heat required.

CHAPTER X.

A FEW REMARKS ON THE HAIR, TEETH, EYES, AND
NAILS.*The Hair.*

GREAT injury is done to children's hair by the use of hair-washes, greases, and pomades.

Children's hair should be kept well brushed and perfectly clean, but should be left as much as possible to nature.

An infant's head should be washed every morning with soap and water unless there is some reason against it. Where there is scurf, fresh (not salt) butter melted in front of a fire, or warmed salad-oil should be applied before washing.

Children's hair, after two years of age, is greatly benefited by being washed occasionally (about once a month) with plain soap and tepid water, the yolk (not the white) of a

fresh egg beaten up, being rubbed on the head first. The hair, however, must be thoroughly well washed with soap and water afterwards. Unscented soap should always be used, and afterwards, when the hair is quite washed, it should be sponged with nearly, if not quite, cold water. The cold water tends to strengthen the roots of the hair. No soda should ever be used with children's hair. Soda renders the hair brittle and is apt to make it fall off. The hair should be well dried with clean towels and afterwards, when quite dry, a very little olive-oil should be put on the brush, and should be well brushed in the hair. The olive-oil will give a nice gloss to the hair. If children are at all liable to catch cold, it is well (when the hair is dried) to rub a little eau de Cologne over the hair before using the olive-oil. I have seen the most beautiful hair, both in texture and colour, nothing more being used than the yolk of an egg, and soap and water for washing the hair, attention also being paid so as to keep the hair well brushed, and quite clean. People are much in favour now of cutting girls' hair short, and some consider that it tends to make the hair grow thicker, and stronger. I have, however, seen very beautiful heads of hair which had never been cut. Very often nice hair depends on constitution and race.

The Teeth.

Children's teeth should not be brushed with too hard a brush. Dentifrices of all kinds are apt to be injurious. At the same time, absolute cleanliness is necessary. Children's teeth should be cleaned each day. For small children, a piece of white flannel, a little soap, and tepid water is best, for older children, a soft brush is advisable. The frequent cause of decay in the teeth is want of cleanliness. The teeth should be cleaned every day, and the mouth should be washed well before going to bed. After the various kinds of food which have passed through the mouth during the day, the teeth should be well washed. Very often small particles of food lodge in the teeth, and will even stay for days if the teeth are not perfectly cleaned, helping to cause the teeth ultimately to decay. Food and drinks taken too hot or too cold help to decay the teeth. Acids are also injurious. Where a dentifrice is required "camphorated chalk" is useful, but should be used sparingly.

The Feet and Nails.

Children's feet and nails are too often not sufficiently attended to. The toenails as well

as finger-nails should be regularly looked to. Ingrowing of the toenails, corns, and bunions are all the result of neglect, and sometimes of ill-fitting boots. Children's feet should not be allowed to go, as they often are, week after week without the nails being cut. Attention should also be given to children's boots to see that they are always a proper size, and that they fit comfortably. High heels are exceedingly injurious for children, as also boots very round and narrow at the toe. Shoes with high heels are even worse, as the ankles are not only unsupported, but also when the shoes are a little time in use, a child is apt to slip the foot on one side in running or walking fast, and so may cause a sprained ankle. It should also be seen that socks and stockings as well as boots are a comfortable size. The feet not having been properly seen to in childhood has often caused much discomfort in after-life.

The Eyes.

The eyes are an exceedingly tender part of the body and should on no account be neglected if they show signs of weakness. Children should not be allowed to sleep or sit in a draught, as it

is likely to cause cold in the eyes and inflammation. For a simple cold in the eyes, or a little redness of the eyelids, a harmless and very beneficial remedy is to bathe the eyes well with lukewarm milk and water (equal portions of milk and water mixed). Rosewater is also useful for any tenderness of the eyes. If the eyes are very inflamed, however, a doctor should be consulted.

The Back.

When children are growing (especially girls) there is often a great tendency to weakness of the back, showing itself in a habit of stooping.

Bathing the back with Tidman's Sea Salt and with nearly cold water is useful, also lying flat on the back during a portion of the day is beneficial in strengthening the spine. No greater mistake was ever made, however, than to suppose that putting tight, stiff stays on girls will tend to support and strengthen the back, and will help to make them grow more upright. Where civilization (with its tight lacing and high heels) has not reached, as a rule not only the children, but the women are upright and have a graceful carriage. No greater injury could be done to

growing girls and children than to put anything on them that will compress any part of the body. At various times the medical profession have strongly denounced the most pernicious practice of compressing the body (especially at an early age), in order to produce a small waist, and have pointed out the various evils resulting from pressure being applied, so that the chief, and most important organs of the body have not perfect freedom not only to develop, but also to continue their various functions uninterrupted. But still misguided people undergo themselves, and, sometimes, make their children undergo, as much discomfort in their efforts to attain a small waist, as the Chinese do to produce small feet, the helplessness produced by which is only equalled by their ridiculousness. Often Nature is not only interfered with, in the vain attempt to produce, by artificial means, what Nature has apparently not given, but in consequence health is injured sometimes seriously. Few consider the great injury caused to health by tight-lacing, and, also, how far in reality from being a beauty a disproportionately small waist is. It is impossible ever to improve Nature. And as the human body is made in exact proportions, it is impossible to try and alter any part without causing harm. To interfere with Nature (especially with children) is to injure. Those parts of

the body on which health depends should above all be left entirely to Nature.

“Accuse not Nature, she hath done her part ;
Do thou but thine.”

MILTON.

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